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JESSICA
PARKER
Nice Girls
Finish Fierce

OH MY
GODDESS!

THE SEX
MOVE
HE WILL
WORSHIP
YOU FOR

5 MINUTES TO
CRAZY
SEXY
HAIR!

HOT SUMMER SEX

Be Happier
and in Control
at Work
#DEEPBREATH

FEEL
YOUR
BEST
IN A
BIKINI
JUST 5
MOVES

GONE IN
3 SECONDS
DECODE HIS
SNAPCHATS

AUGUST 2015

cosmopolitan.com

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JACKET, PANTS,
*Zadig &
Voltaire.*
SWIMSUIT,
Malia Mills.
EARRINGS,
*Maria
Francesca
Pepe*

COSMOPOLITAN

VEST, PANTS,
Diane von
Furstenberg.
BRA, Chantal
Thomass.
SHOES, SJP.
EARRINGS,
Tacori. BRACELETS
(on left arm),
Maiyet; (on
right arm),
Vale. RING,
Sidney Garber

Thanks
for allowing
me into your
home,
purse, or
workplace —



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DRESS, Blumarine.
BUSTIER, Carine
Gilson. RING,
David Webb



~*~*Cats & Abs Mini-Poster!*~*

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GET YOUR
BLOOM ON
FOR VOLUME SOFT AND FULL AS A FLOWER

Katy blooms in Full Lash Bloom in Very Black with lash inserts

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GET THE LOOK DAYTIME DIVA

Fresh and flirty is the name of the game with flawless skin, bold eyes, and soft lashes.

1.

GET 'EM GLOWING

NEW Outlast Stay Luminous Foundation

gives skin a radiant glow that lasts all day. Its oil-free, non-greasy formula hydrates skin and provides just the right amount of coverage for the girl on the go.



2.

EMBRACE COLOR

The NEW Eye Shadow Quads

Quads are the perfect color combos to enrich, frame, and intensify. For day, breathtakingly blue shadows are both pretty and playful.



3.

FULL BLOOM

Accent your eyes with stunning, petal-soft lashes.

NEW Full Lash Bloom

Mascara coaxes out every lash and has a mousse formula, so lashes are never stiff or brittle.



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GET YOUR
LASHBLAST ON
AND BLAST THAT LASH VOLUME!

Katy wears LashBlast Volume Mascara in Very Black with lash inserts



© 2015 P&G

GET THE LOOK THE BOSS

Stunning smoky eyes, lashes that pop, and perfectly placed blush prove you mean business—oh, and a killer power pose doesn't hurt.

1.

IT'S ALL ABOUT THE EYES

Rule the boardroom with a simple but intense smoky eye. The rich shades in the **NEW Eye Shadow Quads** take the guesswork out of getting gorgeous.



2.

TURN UP THE VOLUME

Take your eyes to the next level with a powerful, big-lash look. **LashBlast Volume Mascara's** volume-boosting formula and patent-pending brush are made to max out every lash.

3.

GET CHEEKY

No work look is complete without the right shade of blush. **Cheekers Blush** is easy, natural, and the perfect complement to eyes that stand out.



COVERGIRL®

EASY BREEZY BEAUTIFUL

A close-up photograph of Katy Perry's face. She has vibrant green hair and matching green eye makeup. Her eyes are looking directly at the camera with a slight smile. The lighting is bright and focused on her face.

COVERGIRL®

EASY BREEZY BEAUTIFUL

AND NOW... GET YOUR
**SUPER
SIZER ON**
FOR VOLUME THAT'S
OVER THE TOP!

GET THE LOOK DATE NIGHT GLAM

Have him at hello with sultry winged eyes, mega lashes, and a kissable pink pout.

1.

LINE UP

NEW Intensify Me! Liquid Liner has the control of a pencil with the intensity of liquid eyeliner for glam, defined eyes every time. Switch up your date night look with a thick or thin line, courtesy of the new paddle-shaped tip.



2.

GO BIG OR GO HOME

NEW Super Sizer Mascara will take your look from basic to bombshell with 400% more corner-to-corner volume. Just twirl the Lash Styler as you apply to grab and fan out every lash.

3.

LIP SERVICE

Keep his focus on your eyes with a neutral lip. The secret to barely there lip color? **NEW Outlast Longwear Lipstick**. It delivers lasting color and moisture that won't flake or crumble—perfect for kissing all night long!



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EASY BREEZY BEAUTIFUL

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KATY PERRY

THE SUPER SIZER MASCARA

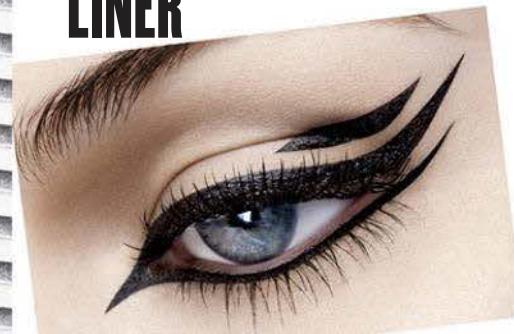
Katy's lashes are supersized in Very Black with lash inserts.

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NEW

INTENSIFY ME!
LINER



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made easy.
Paddle-shaped tip
lets you choose
the perfect line
to intensify
your eyes!



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THE 2015 CHEVROLET TRAX

¹ Cargo and load capacity limited by weight and distribution. ² Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov).



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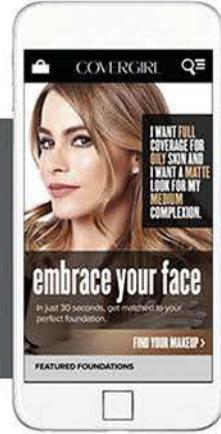
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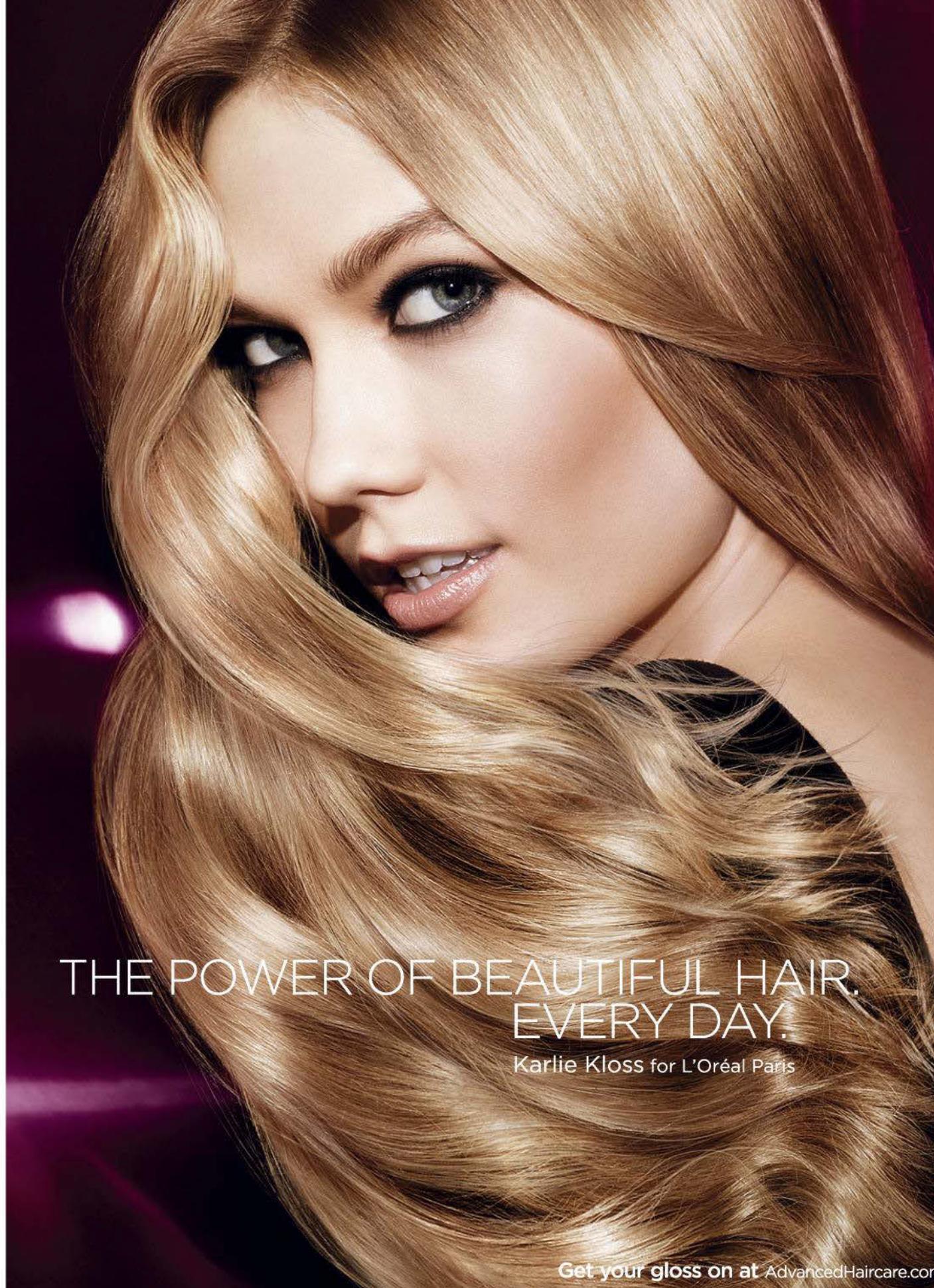
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*P&G calculation based on Nielsen Unit sales information 52 weeks ending 1/17/15





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AUGUST
2015

**"I had to
relearn
how to love
myself by
forgetting
the opinions
of everyone
else and
focusing on
my own
opinion of
myself."**

MODEL CHANTELL WINNIE
REVEALS WHAT HER LIFE
IS LIKE "IN THIS SKIN."

1350



COVER STORIES

It's August, high-fives all around: 5 Minutes to Crazy, Sexy Hair (92) and Feel Your Best in a Bikini in Just 5 Moves (132). Bring the heat with Oh My Goddess! The Sex Move He Will Worship You For (163). Unlock the guy brain in Gone in 3 Seconds? Decode His Snapchats (174). Sarah Jessica Parker talks shoes and politics (148). Plus, learn how to Be Happier and in Control at Work #DeepBreath (181).

FEATURES

Pregnant? Scared? Need Options? Too Bad. Read what we found out about pregnancy centers in Cosmo's yearlong investigation (192).

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SHIRT, Tokyo Darling. CROP TOP, Becca by Rebecca Virtue. JEANS, Rialto Jean Project. SHOES, Adidas Originals

142

MELANIE AMAN
AGE HOMETOWN
19 TAMPA, FL
MAJOR
JOURNALISM

MY DREAM JOB:
Drake's personal
assistant—just kidding!
My dream is to become
a fashion director
or freelance stylist.



**"I got a nosebleed
in the middle of
making out with
this girl in a cab
to her place...."**

CONFESIONS AND WORST DATES EVER (48)



CULTURE CRUSH

You're invited to a very special Bachelor Party (51). Meet the celeb guy who's So Hot Right Now (52). Check out Safe, Sexy, Skanky (54) and Fun, Fearless...Fail! (56). Learn What's Gender Got to Do With It? (58) and tune in to sobering #RealTalk: "I Don't Drink, Don't Judge" (60).

STYLE

Rock these 5 Easy Denim Pieces (65), and go for the Grand Slam with a stylish sports watch (78). Look Hot Tonight with Bold Shoulders (84) and do it all Under \$50 (80), and to prep for fall, treat the quad as both your playground and runway (142).

BEAUTY

Save summer skin with the Return of the...Face Mask (89). And Need a Pedi... Now? See our 5-Minute Makeover (96). Question: Should you stop Playing the Skin-Care Field? (98). Don't miss \$10, Tops! (100) and get Sexy Beauty All Month Long (102). Plus, the Fair-Skin Diaries (106), How Safe is Your Nail Salon? (110) and Are You a Kendall or a Kylie? (114) Here's how to have your own Wet Hot American Summer (136).

BODY

What the heck is AcroYoga? Find out in this month's Fitness Buzz (119). Learn why you don't have to skip dessert in Food Buzz (123) and whether it's healthy to have Pets as Bedmates in Body News (126). Catch up with our beauty editor's candid story of recovery in "I Lived Through Cancer...and It Still Sucks" (124).

in every issue

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WRINKLES IT'S TIME FOR
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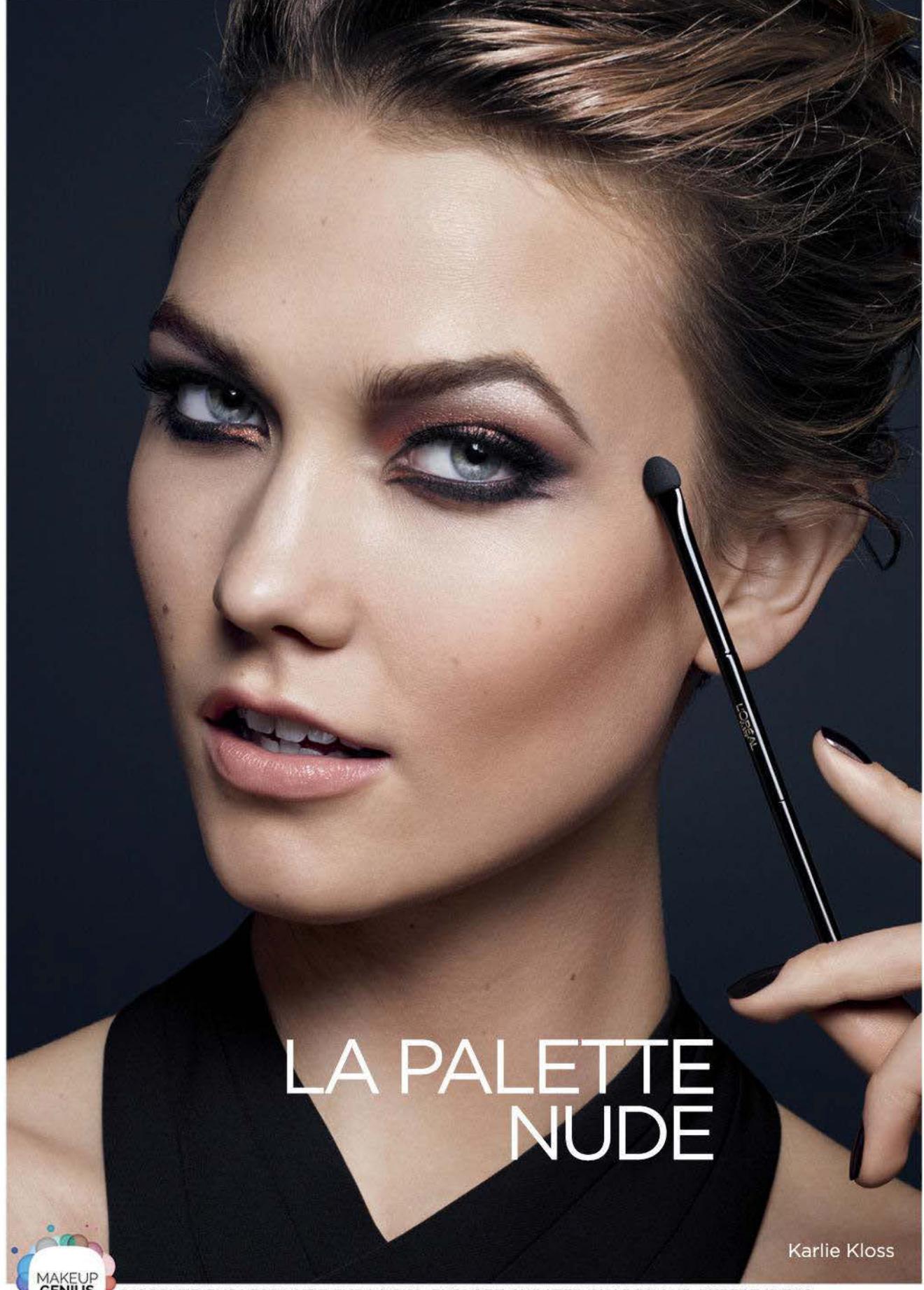
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LA PALETTE NUDE

Karlie Kloss

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NEW



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“We made up a stupid song we sing at the top of our lungs as we leave the stage. Then we have a shot of rum....”

THE HOTTEST TICKET IN TOWN—*HAMILTON* STARS LESLIE ODOM JR. AND LIN-MANUEL MIRANDA



KEEP IT CLASSIC LIKE SJP

Dress, Marc Jacobs. Earrings, Maria Francesca Pepe. Bracelets, Bulgari. To get Sarah Jessica's look, try CC Cream Complete Correction SPF 15 in 20 Beige, Les Beiges Healthy Glow Sheer Colour SPF 15 in N50, Soft Touch Eye Shadow in Fauve, Le Volume de Chanel in Noir, and Glossimer in Beige Star, all by Chanel. Hair: Serge Normant for SergeNormant.com at Jod Root. Makeup: Leslie Lopez for Lancôme at The Wall Group. Manicure: Gina Eppolito for GiNails.com. Fashion Director: Aya Kanai. Photographed by Michael Thompson

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LOVE LUST

One writer confesses: "I Slept With a Male Model, and Here's What I Learned" (166). Enlighten yourself with Sex Q&A (168). Plus, here's what you get when you mix Love & Sex & Weed (170). Ace Manthropology (174) and then Ask Him Anything (176). Speaking of which, ever notice there's the The Sex We Talk About and the Sex We Don't (178)?

WORK & MONEY

Baltimore state's attorney
Marilyn Mosby offers
the keys to success in
"You Have to Be Guided
By What Is Right" (188).

LIVE IT UP!

Throw the Starry Soiree (201) of the summer and check out our recipes for yummy Party Food on the Cheap (206).

WIN IT!

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BAG, FILLED WITH THE
SEASON'S LATEST
BEAUTY PRODUCTS,
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FOR DETAILS, SEE
PAGE 211.



Barbara Palvin

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9. UPGRADE your look on a keep-it-real budget with wallet-friendly jewelry from Stella Valle for Target (bracelet, \$29.99, ring, \$19.99, target.com).

8. OBSESS over Zac Efron as the hottest DJ ever in *We Are Your Friends* (Aug. 28).

7. BAN STATIC even in epic humidity with pocket-size anti-frizz sheets (\$18, nunzio saviano.com).

DISCOVER bathing-suit-shopping bliss with new site Bikini.com (\$95 per set).

2. SMELL SO FRESH, thanks to the orchid notes in Mary Kay's Cityscape (\$50, marykay.com).

35 THINGS TO DO THIS MONTH



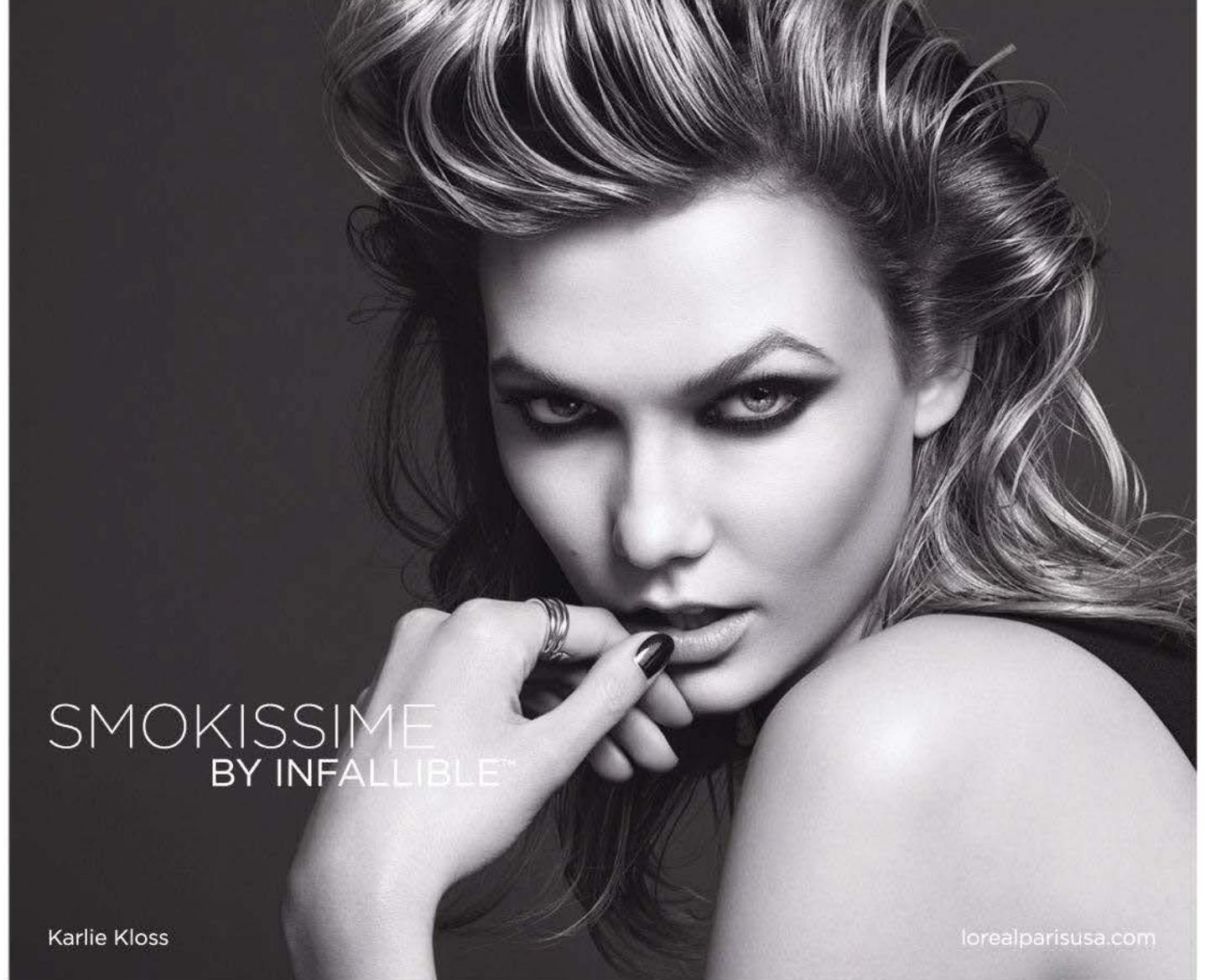
3. WIIG OUT with Kristen and the all-star cast of heist comedy *Masterminds* (Aug. 19).

6. WATCH MTV's VMAs live Aug. 30 before the GIFs of Taylor Swift dancing in her seat go viral.

5. TAKE A GREYCATION The latest *Fifty Shades* book is told from the perspective of Mr. "I Don't Make Love" himself.

BEN GOLDSTEIN/STUDIO D (5). STYLIST: MELISSA NICOLE BUCK FOR R.J. BENNETT/REPRESENTS. VMA: SCOTT GRIES. WE ARE YOUR FRIENDS: ANNE MARIE FOX/WARNER BROTHERS ENTERTAINMENT. GETTY IMAGES (2).

SQUEE SO HARD The Walker Art Center's Internet Cat Video Festival hits St. Paul, Minnesota, Aug. 12 (walkerart.org).



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hide case (\$385,
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► **11. GET YOUR HERO FIX** four times over with the dream team of origin story *Fantastic Four* (Aug. 7).

► **12. REMEMBER** the dynamite talent of gone-too-soon diva Amy Winehouse via doc *Amy* (out now).

► **13. TRY ON** every shade, commitment-free, with Sally Hansen's ManiMatch app.

14. MARVEL
at hot stud Taylor Kitsch as a seriously skinny case-cracker on HBO's *True Detective* (Sundays, 9 p.m. ET).



► **15. GET TO KNOW CAIT- LYN** Jenner, top contender for 2015's gutsiest chick, in *I Am Cait* (July 26, E!).

► **16. COME ON OVER** to Maggie and Emma's for the second season of *Playing House* (Aug. 4, USA).

► **17. DISCOVER** the so-funny-he-got-his-own-show Jerrod Carmichael (*The Carmichael Show*, Aug. 5, NBC)

► 18. **KEEP IT TOGETHER** as Jon Stewart signs off of *The Daily Show* (Aug. 6, Comedy Central)

19. **CRACK UP** at how spot-on the ladies of MTV's *Girl Code Live* are, always (Aug. 31).



GET THE SHOT viDi cameras take pics and vids where smartphones can't—even underwater (\$99, vidicameras.com).

A portrait of Solange Knowles, featuring her in a white circle surrounded by tropical foliage and flowers. She is wearing a dark blue long-sleeved top and dark pants. In the bottom right corner, there is a large, white, stylized '20'.

LIANNE LA HAVAS

This Brit's folk-tinged soul has won her fans like Prince. Her new album, *Blood*, is out July 31.

ON HER ALBUM

NAME: "I've always wanted to do a song with 'blood' in the title but never got around to it. Then I went to Jamaica and learned a lot about my heritage, so it just made sense."

STYLE ICON:
“It would be a combination of Will and Hilary from *The Fresh Prince of Bel-Air*. ”

TYPICAL FRIDAY NIGHT: "I'm either drunk or washing my hair."

DREAM COLLAB-
ORATION:
“Missy Elliott.”
SPIRIT CAR-
TOON: “Garfield
the cat. I really
like cats! Plus
he’s always
relaxing. I like
that chilling out is
important, big-
time, with him.”



MEG MYERS The singer-songwriter, alt-rock heir apparent to Alanis Morissette is equal parts haunting and headbanging on her first full-length album.



MIGUEL Hopefully you've recovered from the R&B panty-dropper's swoonworthy hit "Adorn," because he's back with even steamier tracks on *Wildheart*.

23. GET ANGSTY
with buzzy teen
indies *The Diary of
a Teenage Girl*
(Aug. 7) and *Me and
Earl and the Dying
Girl* (now playing).

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COSMO READS

BARBARA THE SLUT
and Other People

Lauren

25

► 25. **BARBARA THE SLUT AND OTHER PEOPLE**, by Lauren Holmes Short stories about the, uh, ups and downs of sex? We're in.

► 26. **EILEEN**, by Ottessa Moshfegh New friendship seems (key word!) like a lonely townie's way out.

► 27. **WHO DO YOU LOVE**, by Jennifer Weiner Way more romantic than most stories starting in the ER.

► 28. **HARRIET WOLF'S SEVENTH BOOK OF WONDERS**, by Julianna Baggett The hunt for lit-genius Wolf's final book is so on.

► 29. **MAKE YOUR HOME AMONG STRANGERS**, by Jennine Capó Crucet Freshman year, meet international crisis.

► 30. **THE SCAMP**, by Jennifer Pashley Thought your fam had a black sheep? Meet Rayelle's cousin.

► 31. **PRETTY BABY**, by Mary Kubica Do-gooder ignores stranger-danger vibes; creepiness ensues.

► 32. **A WINDOW OPENS**, by Elisabeth Egan Alice Pearse has it all...but does she really even want it?

► 33. **THE MARRIAGE OF OPPOSITES**, by Alice Hoffman A bit of Romeo and Juliet in 1800s St. Thomas.



BARBARA THE SLUT
and Other People

Lauren



26 OTTESSA MOSHFEGH

EILEEN

27

jennifer weiner who do you love

28

Harriet Wolf's Seventh Book of Wonders

JULY 10
BACK

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Make your home among str

30

the SCAMP

JENNIFER PASH

31

MIRA
NOVEL

PRETTY
BABY

MARY K

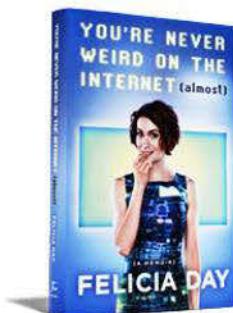
32

A WINDOW OPENS

ALICE HOFFM

The Marriage of Opposites

33



Actress and self-described nerd Felicia Day ditched normalcy (way overrated) to go with her own quirky flow. Turns out, that's what allowed her to be a boss, parlaying parts in shows like *Buffy the Vampire Slayer* into her own hit web series, *The Guild*, and a development deal for her YouTube channel, *Geek & Sundry*. "Our individual weirdness is what sets us apart in life," says the girl from Alabama. Learn how to go from oddball to odd baller from her memoir, *You're Never Weird on the Internet (Almost)*.

31

35. **DE-STRESS** with a coloring book for grown-ups (did we stutter?), like *Splendid Cities* from Little, Brown and Company.

INTIMACY IS ON

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UNDERSTANDING...
AND UNDERSTANDING
CREATES LOVE.”

ANAÏS NIN, AUTHOR

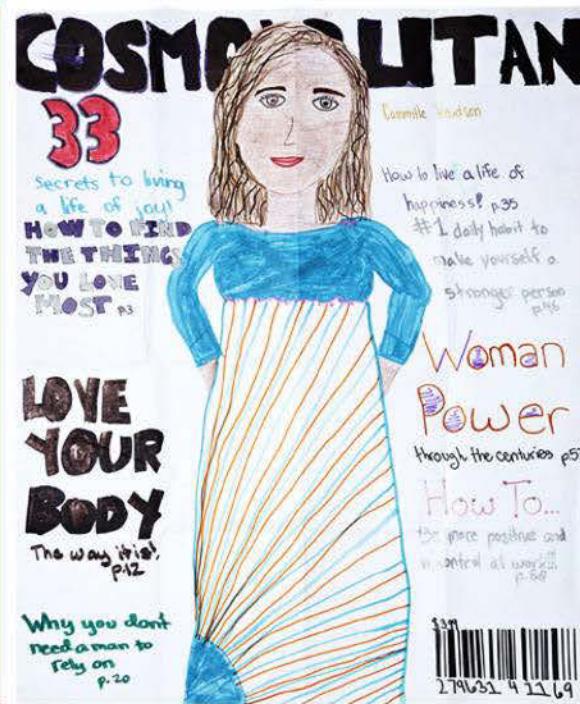


REVLON
LOVE IS ON™

@MadRobbins

Thank you, @Cosmopolitan and Kate Bolick, for solidifying my life plan.
#FutureChoiceMom #DIYMotherhood

Cosmotivation



COSMO CONVO

"No idea that counterfeit makeup was even a thing. h/t @JessicaMatlin for 'The Beauty Black Market.'"

—@ANGELAHANYAK VIA TWITTER

"@Cosmopolitan, just read 'The Beauty Black Market' and realized my UD Naked2 palette is a total fake! Thank you!"

Luckily, my original is real." —@NLTIACCAMPBELL VIA TWITTER

"I never have and never will buy from the beauty black market and you shouldn't either! Worth the read!" —@BEAUTIFIED_BLOG VIA TWITTER

Everyone's Suddenly Getting Artsy

This drawing of a page in our July 2015 issue, by Layla Di Giacomo, 19, of Montreal, Canada. And the sixth-graders in Girl Scout Troop 1684 in Sacramento, California, created their own cover with totally empowering cover lines—we're loving it!



Tell us what you think of Cosmo and you could win \$5,000!

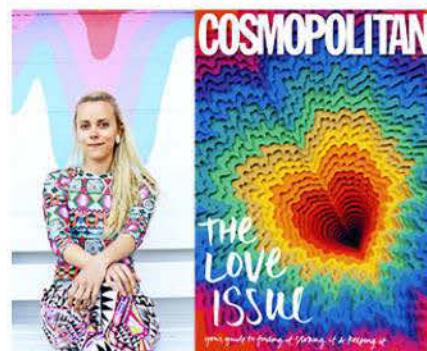
Take our super-quick online survey and *boom*—you'll automatically be entered for a chance to win \$5,000.

Visit AugustSurvey.Cosmopolitan.com to get started.



LOL-ing at our Confessions?
Swooning over SJP?

E-mail your thoughts to Inbox@Cosmopolitan.com, visit Cosmopolitan.com to comment, or tweet us @Cosmopolitan.



IN LOVE WITH OUR LOVEY COVER? Prepare to become a fan of Jen Stark of Los Angeles, the artist who created the cool design for our July subscriber cover. Check out more of her awesome work, including her celebrated paper sculptures, at JenStark.com and EricFirestoneGallery.com, and follow her on Instagram @JenStark.

SHOW US YOUR COSMO

How does Cosmo fit into your life? Instagram or tweet your photo to @Cosmopolitan and include #MyCosmo. If we feature you in the mag, we'll give you \$50!



BEN GOLDSTEIN/STUDIO D, JEN STARK: DAVID X PRUITT/BFA.COM; ALL OTHERS: COURTESY SUBJECTS, TWITTER, INSTAGRAMS, AND "SHOW US YOUR COSMO" ENTRIES MAY HAVE BEEN EDITED FOR LENGTH AND CLARITY. WARNING: SOME READERS HAVE RECEIVED E-MAILS FROM PEOPLE PREFERRING TO BE FROM COSMOPOLITAN. CLAIMING TO BE LOOKING FOR NEW MODELS AND REQUESTING PERSONAL INFO. THESE E-MAILS ARE A SCAM—YOU MAY WANT TO REPORT THEM TO LOCAL LAW ENFORCEMENT.

Nail the look with
Shock Wave and Pink Tank

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Pretty
Piggy

B Girl

Shock
Wave

Birthday
Suit

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Tidal
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COSMOPOLITAN

Cocktail
of the
Month

Tea-riffic-rita

Sauza 901's mixologist Eddy Buckingham created a fruit-spiked drink that is happiness in a pitcher, so mix and enjoy!

Combine 8 ounces
Sauza 901 Tequila,
6 ounces fresh lemon juice,
4 ounces orange juice,
4 ounces agave syrup,
1 cup cold black tea, and 1
bottle of Mexican pilsner
with slices of orange,
lemon, pink grapefruit, and
cucumber. Add ice and a
cup of raspberries.



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FROM THE EDITOR



#SETLIFE Cosmo executive fashion director Aya Kanai (far right) puts her back into styling our shoot at the University of Florida, on p. 142.

I'LL NEVER ACTUALLY COOK A SINGLE RECIPE FROM THIS BOOK, BUT JUST READING IT MAKES ME FEEL SO MUCH HEALTHIER.



SCORE FREE SHOES!

Hell, yeah! Enter for the chance to win a pair from SJP's new line. See p. 211 for details.



This Happened



THE NEAREST I'LL GET TO A BROADWAY STAGE: HANGING OUT WITH THE CAST OF THE SMASH HIT HIP-HOPERA HAMILTON.

SJP & ME
When I realized Sarah Jessica had never been on the cover of Cosmo in the U.S., I called her immediately to right a terrible wrong!



OBVIOUSLY, I LOVE THE JOANNA FROM SJP'S SHOE COLLECTION. SHE JUST GETS ME (\$465, COUTURE.ZAPPOS.COM).

A WINNING CONVO
If only *Mad Men*'s Peggy could see this! The inaugural Cannes Glass Lion: Lion for Change award, launched with LeanIn.org, celebrates ads like Always' #LikeAGirl campaign that upend gender bias.



COSMO'S EPIC BEAUTY TEAM LEAH WYAR AND JESSICA MATLIN CELEBRATE OUR FIRST FIFI AWARD, FOR THEIR BRILLIANT FRAGRANCE COVERAGE. #SOPROUD



TOP ME OFF Every trim should come with a glass of bubbly, am I right? The man, the myth, the legend, stylist Chris McMillan works his magic.



BEN GOLDSTEIN/STUDIO D, CLOCKWISE FROM TOP LEFT: ALLIE KIRCHER, COURTESY SJP; MICHAEL THOMPSON, COURTESY SJP; COURTESY SUBJECTS; ALLIE KIRCHER, COURTESY IMAGE; MARTIN SCHOELLER

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IN HER OWN WORDS

Sarah Jessica Parker

NICKNAMES: SJP, SJP

FAVORITE SHOE FROM
MY LINE, SJP:

Please don't
make me
choose

THREE THINGS EVERY
WOMAN SHOULD OWN:

A decent pair
of scissors,
Your own identity,
An umbrella



FOR MY
FANTASY
DINNER PARTY,
I'M SENDING
INVITES TO:

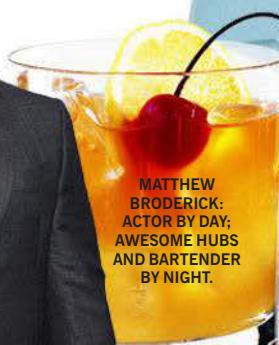
Donna Tartt
Hilary Mantel
Lionel Shriver

FAVORITE DRINK:

Whiskey sour
made by
Matthew



MATTHEW
BRODERICK:
ACTOR BY DAY;
AWESOME HUSBAND
AND BARTENDER
BY NIGHT.



NOTE: THIS IS
NOT THE
UMBRELLA IN
SJP'S CLOSET—IT
WISHES IT WERE
SO LUCKY.

THE MOST
PRECIOUS THING
IN MY CLOSET:

A pink umbrella
my husband
gave me
the day JW
was born



IF YOU DUMP OUT MY PURSE,
YOU'LL ALWAYS FIND:

A blackberry—for
the real work.
A Samsung Galaxy
for the visuals.
Something to read.
Fragrance.



HAPPY 10TH
B-DAY TO SJP'S
FRAGRANCE
LOVELY!

LOVELY SARAH JESSICA
PARKER Eau de
Parfum Spray,
\$49.50, fine
department stores

I WOULD HAVE LOVED IT IF...

Robert Redford—Wait!
David Letterman
—I think we inquired

...PLAYED ONE OF
CARRIE'S BOYFRIENDS.



JACKET, PANTS, Zadig &
Voltaire. SWIMSUIT, Malia
Mills. EARRINGS, Maria
Francesca Pepe

SJP XOX



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EDITED BY
MARINA KHIDEKEL

YOU REVEAL
YOUR MOST
EMBARRASSING,
RIDICULOUS,
WHAT-WAS-I-
THINKING
MOMENTS.

1

"I have a leopard gecko, and he is my best friend. He hangs out on my shoulder while I study. I hand-feed him grasshoppers. He's such a baby. When I'm away from him, I miss him so much."

—SHERIDAN H., 21, STUDENT,
FERNANDINA BEACH, FL



PHOTOGRAPHED BY MEREDITH JENKS

GUY CONFESSION

•“I FILL MY USED CONDOMS WITH WATER TO



3

“I'M NOT WEARING ANY UNDERWEAR RIGHT NOW BECAUSE YOU COULD SEE MY HOT PINK THONG RIGHT THROUGH MY DRESS, SO I HAD TO TAKE IT OFF.”

—MELISSA A., 20, STUDENT, MCLEAN, VA

4 GUY CONFESSION

“I GOT A NOSEBLEED IN THE MIDDLE OF MAKING OUT WITH THIS AWESOME GIRL IN A CAB TO HER PLACE. I DID NOT GET LAID, AND I ACCIDENTALLY GOT BLOOD ON HER FACE. IT WAS A BAD SCENE ALL AROUND.”

—DANIEL N., 23

5 GUY CONFESSION

“MY EX LOOKS OLDER, SO WHEN WE MET, I INFLATED MY AGE BY THREE YEARS. WHEN SHE FOUND OUT, SHE WAS PISSED.”

—LEON T., 19, STUDENT, NEW YORK CITY

6

“RIGHT AT THE START OF THIS BIG GIRLS’ NIGHT OUT, I FELL WHILE WALKING INTO THE CLUB. MY FRIENDS TRIED TO HELP ME UP, BUT A LOT OF PEOPLE SAW.”

—SABRINA T., 21, STUDENT, QUITO, ECUADOR

7

“When I was 12, I got my first massage. After the masseuse left me to undress, I cluelessly lay on top of the sheet naked instead of covering myself like you’re supposed to. When she saw my bare ass, she laughed hysterically.”

—CAROLINE K., 21

CHECK FOR ANY LEAKS."

—BRIAN B., 24



8

DOG CONFESSION

**"ONE TIME,
I PANTSED
A GUY
WHO WAS
RUNNING
BY. I DIDN'T
LIKE HIS
LOOK."**

—MOUSE, 9, PET DOG, NEW YORK CITY

JESSICA BARTH: MIKE WINDLE/GETTY IMAGES

9

"I WENT TO THIS POOL
PARTY WHERE A SUPER-HOT
GUY DUNKED ME IN. WHEN
I CAME UP FOR AIR, I FELT
A BREEZE—MY WHOLE
BOOB WAS OUT OF MY
BIKINI. I JUST WENT BACK
UNDERWATER FOR A
SECOND AND PRAYED THAT
NO ONE HAD NOTICED."

—MILAN S., 31, WRITER,
ROCHESTER, NY

10 CELEB CONFESSION



"One night at a swanky party, I found myself with Jessica Biel, Justin Timberlake, and Jay Z. Being there caused the rules of time, space, and etiquette to be suspended, so I asked Jay Z questions like we were buds. 'So...I hear you're having a baby! What are you having? Is the name picked out?' He replied with a polite but short 'Yup.' Then I remembered he is the king of hip-hop and his wife is Beyoncé—so, embarrassed, I excused myself." —JESSICA BARTH, *TED 2* (OUT NOW)

“

11 "My dad was helping my husband and me move. While he was moving a nightstand, the drawer opened to reveal a vibrator, lube, and a sex-games book. I was mortified."

—ABIGAIL B., 28

12 "I was on a flight and had to use the restroom. When I returned to my seat and sat down, I heard a loud crunch. Apparently half of the seat cover was stuck to my butt, hanging out of my pants. I was so embarrassed!"

—CARLEY S., 22

13 "My high school boyfriend used to say 'Here I come, I'm coming, I'm coming, here I come,' in that exact order, every time I gave him a hand job. My friends and I still call him Thomas the Tank Engine."

—KELSEY C., 23

14 "My roommate and I were both too lazy to walk to CVS, so for the first two months of school, we stole toilet paper from the dining-hall bathroom."

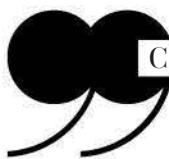
—KRISTEN F., 22

15 "I waited forever to get pizza from this delicious place in my area. The second I got it, I dropped it on the sidewalk. I wasn't going to wait again, so I just ate it."

—ANNE K., 26

DON'T MISS NEXT MONTH'S
CONFESIONS, ON SALE AUGUST 11





CONFESIONS

Worst Dates Ever

"I showed up to our date a few minutes late. He told me that was strike one, and then he said, 'Three strikes and you're out.' To my face."

KELLY G., 21

"He went in for the kiss teeth first and bit my lip so hard that it bruised. The next day, my boss asked me if I ate a blue lollipop."

CAIT D., 25

"He took off his shoes at a steakhouse and acted like it was normal behavior."

SARAH J., 21

"We pulled up to a laundromat, and he said, 'I was wondering if you could do my laundry.' No, sir!"

ANA-LISA M., 28

"He ran into one of his buddies and started talking to him about threesomes. He then volunteered me to have a threesome if that guy was interested. What?!"

COURTNEY S., 21

"As I was talking, he pulled out his laptop and started reading sports news. When he looked up, he asked, 'Are you done talking? Can we do it now?'"

GABRIELLE S., 23

"He called his mom on our date and asked her to Venmo him \$15 because dinner was more expensive than he thought it would be."

EMMA M., 20

"He tried to persuade me that NBA star Shaquille O'Neal is the best rapper ever. He played me all these YouTube videos, and when I wasn't convinced, he stormed out."

NESA M., 21

DOUCHE-O-METER

JUST CLUELESS

UM, NO

CHECK, PLEASE

SO OFFENSIVE

EPIC FAIL

LITERALLY DERANGED

Saving People Money Since 1936

... that's before the bikini.

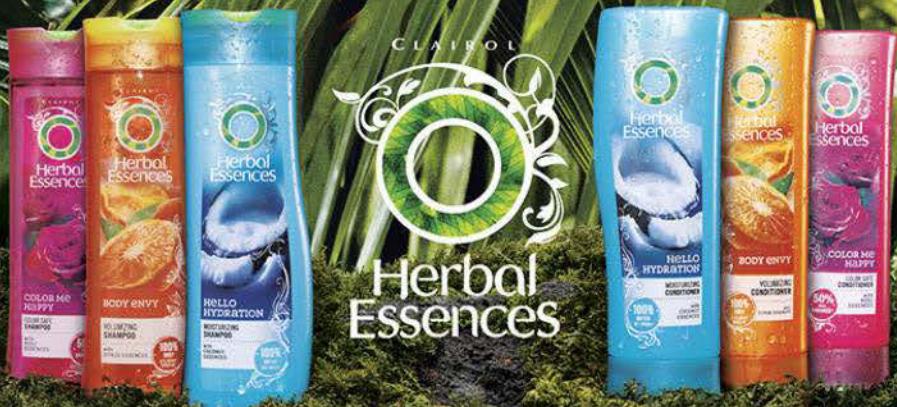
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TAKE YOUR HAIR TO PARADISE



HAIR THAT SMELLS AS GOOD AS IT FEELS

BRITTANY SNOW

"I got my boyfriend, Tyler, obsessed. He won't admit it—he says he doesn't really pay attention. But he's paying attention."



ANDREW GARFIELD
"When I'm working on something intense, I want to watch *The Bachelor*. Don't be surprised. It's the greatest show on TV!"

@JAMIECHUNG1

"Hate to admit it, but I'm looking forward to the season finale.
#DamnIt"



@LUCYHALE
"Wait. I think I missed *The Bachelor*. I'm crying."

Bachelor Party

Take the guilt out of your guiltiest pleasure.
The Bachelor franchise (next up: *Bachelor in Paradise*, August 2) has plenty of fans hanging on its every rose.

@JIMMYFALCON

"The night is young for me. I could go out. (Or watch *The Bachelor* on TiVo and go to bed.)"



@HILARYDUFF "The Bachelor. Martinis. Reese's. Chips and guacamole. Killin' this night."



@AMANDASEYFRIED
"I've never felt this way before." Liars. #Bachelorette"

@ANNAKENDRICK47

"If I were a contestant, I'd end up falling in love with the weird sound guy and making things uncomfortable for everyone."



@SARAH_HYLAND

"I always predict the next Bachelor/ette. @ChrisBHarrison, move over."



JORDAN PEELE

"It's like a crazy lover, that show. Real good."



SEAN PENN "[Charlize Theron and I] argue about whether we should fast [forward]. I don't really want to hear the conversations. I want to know the decisions." (Perhaps that's why they split!)



THE COSMO GUY

The “Leave the Night On” singer was a pro-football prospect when he switched gears and started writing hit songs. Now, the Georgia boy’s solo career is on fire.

BAD BOY “I had a tendency to get into fights growing up. I got suspended a few times. Nothing too bad! But it’s in my nature to be a little mischievous.”

THE INFLUENCE “I love what Drake does. I’ve covered his songs, but I don’t want to be called the Drake of country.”

MUSICAL VIRGINITY “In a small town, it’s either sports or a band with your buddies. I was always athletic. But in college, I was exposed to all this new music, and I was drawn to hip-hop and R&B.”

PLAN B “My dad is a football guy, not a music guy. He didn’t totally understand when I decided to be a musician. But I’m not a worrier, even if I had known the odds were against me.”

THE WANDER YEARS “At heart, I’m a relationship guy, but my adventurous side makes it hard. I hope I’ll find a balance. I want to get married, have kids one day.”

—RACHEL MOSELY

SO HOT RIGHT NOW

SAM HUNT



"ONLY IN THE EYES OF LOVE
YOU CAN FIND INFINITY."

SORIN CERIN, PHILOSOPHER

*Based on Revlon® ColorStay™ unit sales from Nielsen Scantrack: Color Cosmetics for 52 weeks ending 2/2/2015. All Outlets. Compiled © 2015 Revlon.

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SAFELY → SEXY

At the beach, skin is always in. But there are some spots where the sun shouldn't shine.



BIKINI, FROM LEFT: PICHIUCHI/SPLASH NEWS; BRETT KAFFEE/THIBAULT MONNIER/PACIFIC COAST NEWS; XACIPIX/SPLASH NEWS; BRETT KAFFEE/SPLASH NEWS; GREGORY PACE/REIMAGES; ONE-PIECE, FROM LEFT: ANA-SSA: INPHOTO.COM; BRETT KAFFEE/THIBAULT MONNIER/PACIFIC COAST NEWS; BAUERGRIFFIN.COM; SPLASH NEWS; XPOSUREAKM-GSI; VANTAGENEWS/AKM-GSI; SPLASH NEWS; SPN/SPLASH NEWS. COVER-UP, FROM LEFT: OHPPIX/BAUERGRIFFIN.COM; SPLASH NEWS. PACIFIC COAST NEWS. © 2015 COSMOPOLITAN MAGAZINE LLC. ALL RIGHTS RESERVED.

"TOAST LOVE, LAUGHTER
AND EVER AFTER."

UNKNOWN

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**NEW
SHADES**



FUN, FEARLESS...FAIL!

From wow to WTF, we call the trends like we see 'em.

EMOJI-ONAL ROLLER COASTER



FUN To bae or not to bae? A new book series translates Shakespeare's plays into emoji-fied text speak.



FEARLESS Tweet these #EndangeredEmoji to make a donation to the World Wildlife Fund. Go ahead, you zoo-gooder.



FAIL Instagram bans eggplant emoji 'cause...well, you know why. Wink. Hey, Insta: Why you gotta be so prude?

MEMBERS ONLY



FUN Interstellar art project sends doodles, like peen sketches, to the moon. One giant schlong for mankind!



FEARLESS UK street artist Wanksy's graphic graffiti gives local government a big poke to fix potholes.

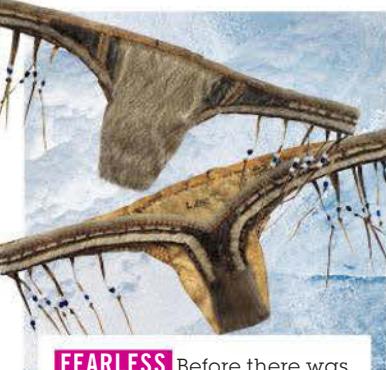


FAIL Welsh citizen draws a penis on a ballot in protest, but it's counted as a vote. Talk about electoral fraud.

WHAT'S THE SKIVVY



FUN Get caught with your pants down on Aug. 5. It's National Underwear Day, so it's, like, totally sanctioned.



FEARLESS Before there was VS, there were 19th-century seal-fur thongs, giving new meaning to hair down there.



FAIL Swedish woman sells panties she made from human hair. Excuse us while we curl up and dye.

EMOJI: FROM TOP: COURTESY PENGUIN RANDOM HOUSE; COURTESY WWF INTERNATIONAL MEMBERS ONLY. FROM TOP: GETTY IMAGES; COURTESY WANKSY; STOCK PHOTO/MATTHEW COCK. SKIVVY: FROM TOP: GETTY IMAGES (3).

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LIZZY CAPLAN
STARS IN
MASTERS OF
SEX, SUNDAY
NIGHTS ON
SHOWTIME.



GROWING UP, I always thought it would be better to be a boy. I mean, I wasn't doing such a bang-up job of being a girl anyway. Flat-chested for longer than the others, scrawny with coltish limbs hidden beneath baggy boys' boxer shorts and oversize t-shirts—I was less a little princess and more an awkward collection of elbows.

And believe me, I was really committed to this boy thing. When I was a child, my perfect weekend would include washing the car shirtless in cutoff shorts with my dad like a couple of bros, playing with my (parent-approved) lizard collection and (classified) snail collection, and seeing how lightning-fast I could take the broken bits of sidewalk kids in my neighborhood used as makeshift bike ramps.

I had zero interest in tearing through trunks of dress-up clothes or dance-party sleepovers spent choreographing routines to New Kids on the Block. I didn't want to own a training bra, let alone stuff it. I wanted to win soccer games, be the best at *Streetfighter II*, and hold my breath the longest underwater.

Even though I was at times met with disapproving glances out in the real world, in my household, aspiring to be Dennis the Menace was A-OK. I wasn't forced to wear dresses unless it was a very fancy occasion, and I was never given a hard

time for coming home covered in dirt and/or blood. And although my idolized older sister's bedroom walls were covered in *Young Guns II* posters and she had a list of all the boys she'd kissed, I just assumed if I ever got into those things, it would happen later...you know, when my boobs came in.

Well, my boobs came in a while ago, and I've kissed plenty of boys. I came to realize that there was a mysterious and complicated power to be found in the changing body I was born with.

These days, I celebrate my femininity, the way my body looks and feels, the way my brain works. And while I no longer harbor any desire to be a boy, one thing hasn't changed. I still want all the same opportunities that are afforded to the boys. I

want to be paid as much as the boys. I want to vote for a presidential candidate who shares my gender. I want to continue my career after having children without even a trace of side-eyed judgment. And most important, I want to live in a world where being a girl doesn't limit one's access to education, reproductive rights, opportunity, or success. Where—regardless of which city, town, or third-world village you come from—being a girl with big ideas, lofty goals, and a (*gasp!*) healthy sexual appetite is not considered a punishable crime.

I don't want to be a boy, but I sure as hell want to be equal to them. Perhaps that's what I've been striving for all along. But listen, I'm still not interested in going to your sleepover dance party. ■

What's Gender Got to Do With It?

From *Mean Girls* to *Masters of Sex*, **Lizzy Caplan** has always been one of those actresses who exudes a just-one-of-the-guys vibe. But there's more to being the cool girl than meets the eye. Here, she explains.



I'M ONLY WEARING THE BARRETTES TO DISTRACT YOU FROM THE BRASS NUCKLES.

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#REALTALK



"I DON'T DRINK;



THERE'S
NO SHAME
IN A VIRGIN
MARGARITA
GAME.

DON'T JUDGE"

I used to discount any woman who didn't drink as an uptight, un-fun, total buzzkill. Then I sobered up.

BY SARAH HEPOLA

ELECTRIFY YOUR SUMMER

#ELECTRIFYSUMMER



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Georgia May Jagger wears Michael Kors MK6004.



THERE WAS A TIME when the highest compliment I could give a woman was “I want to drink with you.” I loved the ritual of liquid bonding, how you could walk into a bar as awkward strangers and stumble out with purple teeth and a new BFF. Every once in a while, I met a woman who didn’t like alcohol, and it was like a crackle of thunder on a clear day. What do you mean you don’t drink?

I’d been in thrall to booze for as long as I could remember. It was the antidote to my insecurities, the gloomy and watchful part of me that obsessed about my thighs and nervously stammered when I spoke. Alcohol was bravado, glamour, the most delirious fun I knew. To say you didn’t drink was like walking up to someone who could fly and announcing you much prefer to walk.

I had no time for teetotalers. My after-work activities involved happy hours and dinners where empty green bottles of wine piled up. Weekend revelries took place at the bar or someone’s crowded kitchen with a beer in hand. If you didn’t like booze, what on earth were we going to do together? Knit? Eat quinoa?

Perhaps we all have a secret bully inside us. I grew up judged for my generic-brand clothes and my liberal politics, and I swore I’d never be so shallow. I prided myself on my open mind, and yet I was utterly knee-jerk on this topic. Nondrinkers

were boring. Whenever a friend told me she was cutting back, I smiled and nodded, but I also did my part to undermine her rational choices. I wanted friends to indulge the way I did—till dawn with indifference to the consequences. Come on. One more drink won’t kill you. To care about your consumption is lame. Cool girls drink.

You see it in movies and on TV all the time. The uptight girl sips her seltzer, hair pulled back in a careful headband, while our earthy, relatable heroine slurps a fizzy cocktail, letting her long hair whip in the breeze. I wanted to be that girl—the wild and free kind. Unfortunately, I became other girls too: the kind who falls off bar stools in blackouts and gets into slurry fights with her boyfriend and cracks dumb jokes that leave her friends exchanging annoyed glances she is too wasted to notice. Cool girls might drink, but the way I drank was not cool.

Eventually, I gave up alcohol. There were too many mornings of not remembering what I had done the night before or remembering exactly what I had done and burning up with shame for it. I didn’t want to quit, but life will teach you that “want” and “need” are two different countries. The months that followed were as lonely and sad as heartbreak can be, and one of the most deflating

parts was that I had become someone I never wanted to know: a nondrinker, a seltzer sipper. Friends asked me out, and I declined. Better to stay swaddled in blankets and reality TV than to confront the realization that you have become the loser you once avoided at the keg party.

I began to seek out women who didn’t drink. I still adored my raucous happy-hour companions, but I grew a new appreciation for any woman who didn’t consider alcohol mandatory. How lovely to simply sit together and not require the steady trickle of cabernet, as though your wineglass is a parking meter you have to keep filling up with quarters. Phrases that once made me resentful—“I’m on medication,” “I have this weird allergy,” “I just can’t take the hangovers”—could make me leap for joy. After decades of feeling sorry for women who didn’t drink, I began to feel sorry for the younger me, who had made booze the primary litmus test for a person’s worth. Why

couldn’t I see a person was far more complicated than the sum total of the spirits she took to her lips?

Recently, I had lunch with a friend who stopped drinking after a medical diagnosis, and she said one of the worst parts was the way her friends stopped hanging out with her. “I’m the same person,” she said. Without a foamy pint in her hand, though, she had changed in their eyes.

I’m sure it comes from a fear of judgment. Drinkers like to be surrounded by other drinkers, and anyone who isn’t playing along can be seen as a threat. But most nondrinkers I know aren’t taking secret notes on everyone’s wine levels. They’re trying to talk and laugh and share their day, same as the rest of the group. If they’re not judging you, why are you so quick to judge them?

Sober women make wonderful companions. They can always drive home. They are excellent clearheaded listeners. They are often warm and compassionate and settled in their own body, which is how I try to be now. It’s been five years since I quit drinking. I’ve learned that my sober self is a lot like my drunk self but with fewer high kicks and less screaming. I would understand if other women didn’t like me anymore—I was there once too. The part that’s far more important is that I finally like myself. ■



“ALCOHOL WAS THE MOST DELIRIOUS FUN I KNEW. TO SAY YOU DIDN’T DRINK WAS LIKE WALKING UP TO SOMEONE WHO COULD FLY AND ANNOUNCING YOU PREFER TO WALK.”

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the flare

Channel the style sirens of the '70s by pairing bell-bottoms with a bright crop top or a flowy tank and sky-high platforms.

Disco ball optional.

JEANS (ABOVE), *Dittos*, \$89, lordandtaylor.com

JEANS (BELOW), *Jessica Simpson Collection*, \$69, belk.com



PAIR IT WITH A FLARE



TANK, *Love Leather*, \$425, thesurfbaazar.com



BAG, *Cole Haan*, \$80, colehaan.com



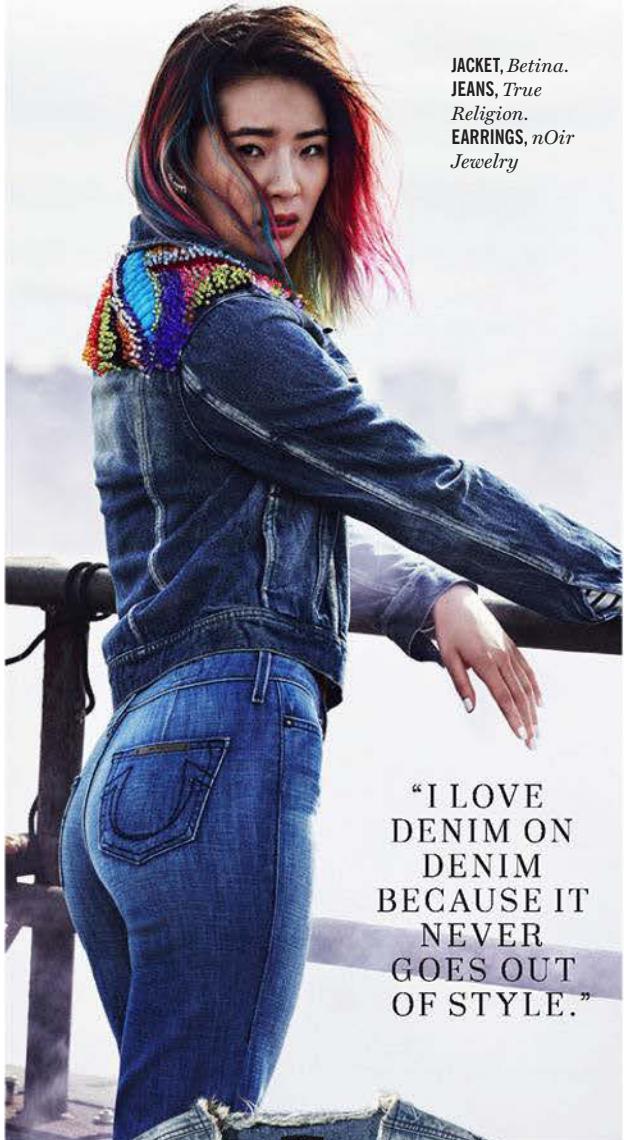
SHOES, *Missguided*, \$60, missguidedus.com



RING, *Atelier Swarovski*, \$290, ronrobinson.com



TANK, *Jack by BB Dakota*, \$40, shopbop.com



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the jacket

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JACKET, *Buffalo David Bitton*, \$99, buffalojeans.com

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BY THE
PEOPLE AND
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RONMENT
OF ANY CITY
I'M IN.”

the skirt

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SHIRT, *Rag & Bone*. **SKIRT**, *Miss Me*.
SHOES, *Diane von Furstenberg*.
BELT, *B-Low the Belt*. **NECKLACE**, *Lady Grey*. **CUFF**, *Wouters & Hendrix*

A close-up photograph of a woman's face, focusing on her eye and lips. She has dark hair and is wearing a light-colored eyeshadow and a pink, glossy lip color.

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THE *blushed* NUDES
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THREE
MUST-TRY
SKIRTS



SKIRT, *Citizens of Humanity*, \$198, citizensofhumanity.com



SKIRT, *Lee Jeans*, \$58, lee.com



SKIRT, *The Seafarer*, \$284, theseafarer.com

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the overalls

Your childhood uniform, equally cute and comfy, is back in vogue and never looked better. Sex things up with a revealing bustier top, then polish off the look with a bit of bling.



1. SWIM TOP, *Marysia Swim x Jonathan Cohen*, \$130, marysiaswim.com
2. BRACELET, *Tacori*, \$410, tacori.com
3. SHOES, *Sam Edelman*, \$150, samedelman.com
4. CROP TOP, *Marciano*, \$98, marciano.com
5. BRA TOP, *Norma Kamali*, \$150, shop.normakamali.com
6. OVERALLS, *Mossimo Denim for Target*, \$27.99, similar styles available at target.com



OVERALLS, AG. TANK, *Timo Weiland*. SHOES, *Sophia Webster*. EARRINGS, *nOir Jewelry*. NECKLACE, *Luv Aj*. BRACELETS (on left hand, thin silver bangles), *Arme de L'Amour*; (chain bracelet) *Luv Aj*; (black stone cuff) *Samantha Wills*; (on right arm) *Vita Fede*. RING, *White Moth*



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Jordan is wearing The Nudes Palette from Maybelline® New York.

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The Nudes eyeshadow palette is a 12-shade eyeshadow palette.

the loose-fit jean

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Add a fave tee and statement accessories and #IWokeUpLikeThis to your Insta.

"WHAT MAKES
ME FEEL
CONFIDENT?
JUST BEING
ME, MYSELF,
AND IRENE."



T-SHIRT, *Mother of Pearl*. JEANS, *Big Star*. SHOES, & OTHER STORIES. BAG, *Delphine Delafon*. CUFF, *Luv Aj*. RING, *Brooke Persich*



JEANS, *Bliss and Mischief*, \$598, blissandmischief.com



JEANS, *Joe's*, \$235, joesjeans.com



JEANS, *Lucky Brand*, \$129, luckybrand.com

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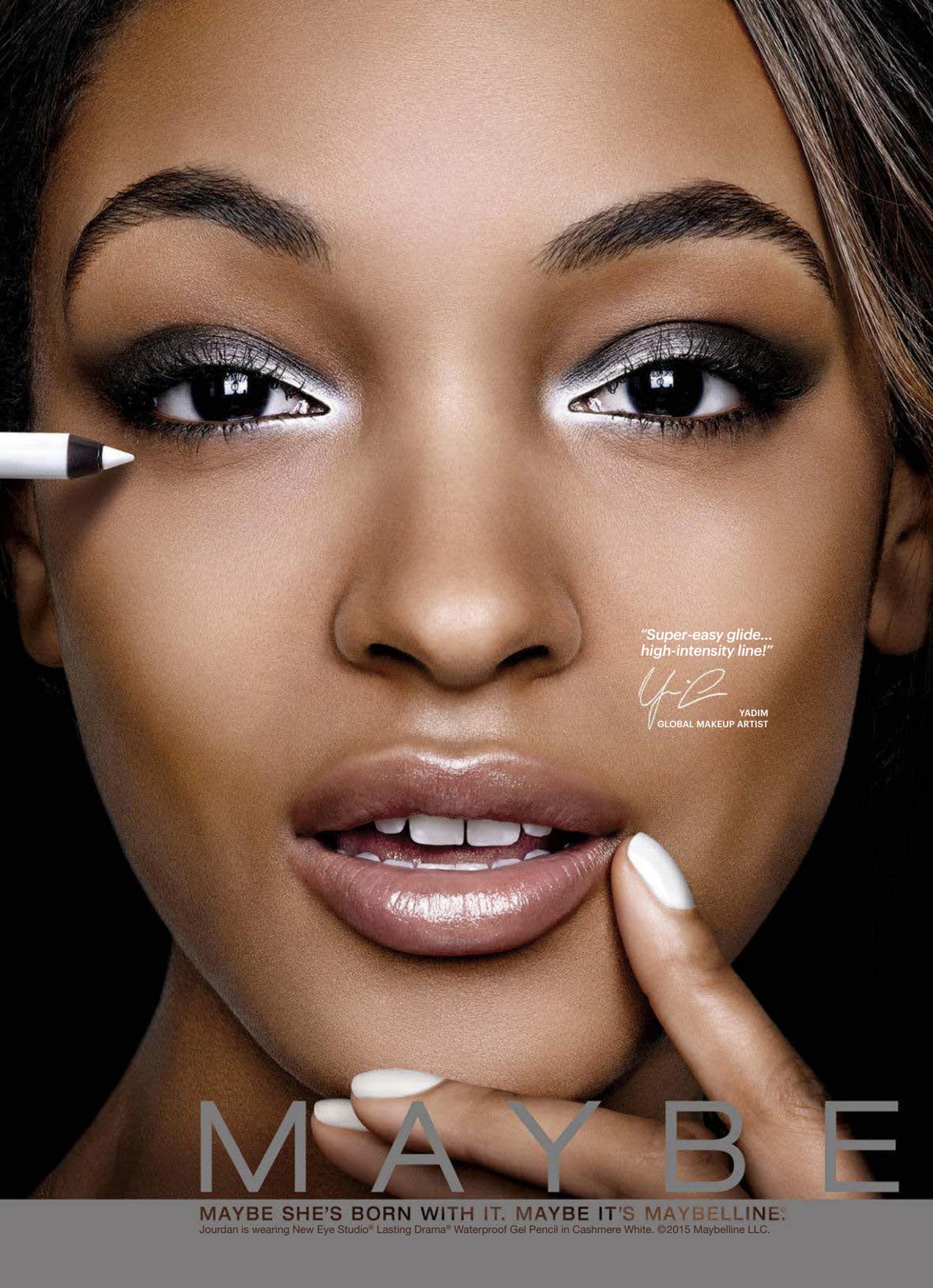
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NEW YORK



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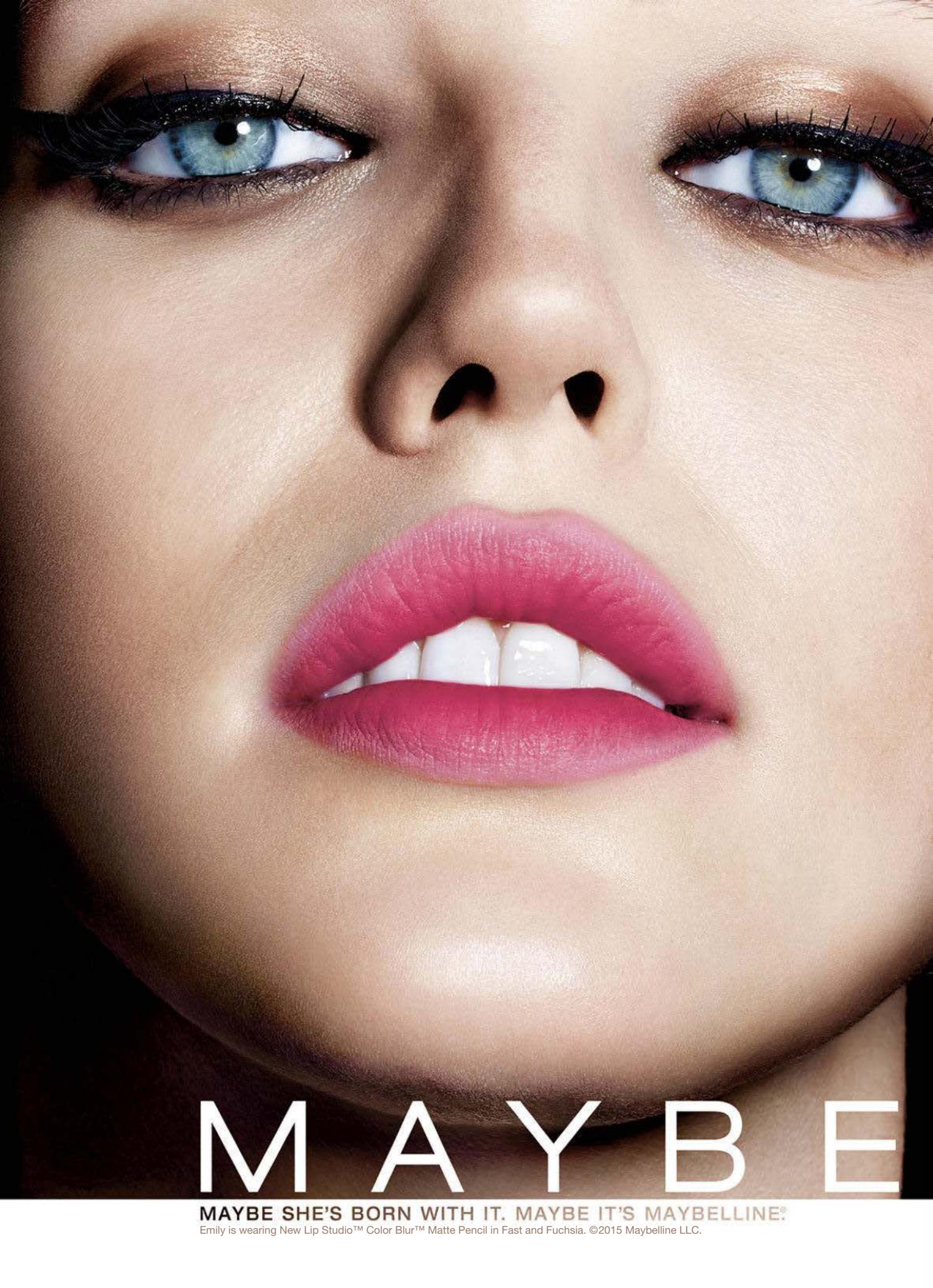
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4. CITIZEN WATCH, \$275, citizenwatch.com
5. COACH, \$225, 917-934-4962

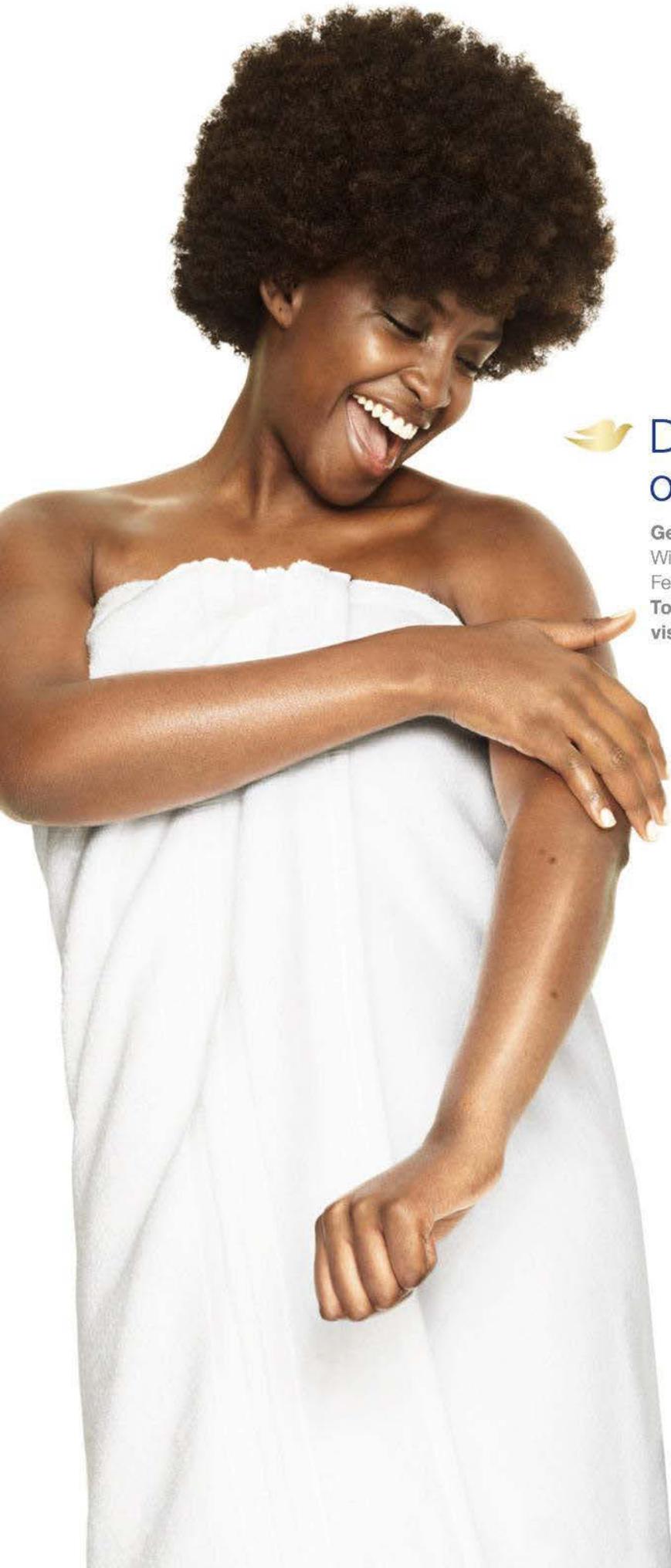


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STYLE



1



2



3



6



4



5

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7



8



9

1. T-SHIRT, Camp Collection, \$48, [Urban Outfitters](#)

2. SHORTS, Pixie Market, \$36, [pixiemarket.com](#)

3. SNEAKERS, Converse Chuck Taylor All Star, \$49.95, [dsw.com](#) 4. SWIMSUIT, Live Love Dream, \$14 each, [lld.com](#) 5. EARRINGS, & Other Stories, \$29, [stories.com](#)

6. SUNGLASSES, New York & Company, \$14.95, [nyandcompany.com](#)

7. CROSS-BODY BAG, Nila Anthony, \$49.99, [modcloth.com](#) 8. WATCH, Timex, \$36, [timex.com](#) 9. ESPADRILLES, Forever 21, \$24.90, [forever21.com](#)

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MIDDLE: HEATHER GILDRY/THE ICING ON THE PROJECT.COM

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2015 JEEP CHEROKEE ALTITUDE



LONGER LASTING COLORS WITH SPLAT FADE DEFENSE

NEXT TO SPLAT HAIR COLOR



Albertsons Walgreens Walmart Save money. Live better.



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Available in flavors like Strawberry Lemonade and Blueberry Acai, Starbucks Refreshers® are filled with real fruit juice, B vitamins, and ginseng to give your afternoon the lift it needs. StarbucksRefreshers.com



KICK THE CREAM OUT OF YOUR SHAVING ROUTINE

Lather and moisturize during shaving in one easy step. Schick® Intuition® simplifies your shave and cares for your skin. **FREE YOUR SKIN®** SchickIntuition.com



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PURE SILK MOISTURIZING SHAVE CREAM

Pure Silk rich and luxurious moisturizing shave creams provide you the smoothest, most touchable skin without irritation. Available in seven aloe-infused varieties, shaving with Pure Silk is the easiest way to love your legs!

Visit LovePureSilk.com to find out more.

hot 

PRIZES ▷ HAPPENINGS ▷ STUFF

SPLAT.



THE POWER OF RED

CVS/pharmacy   ULTA  Walgreens  Walmart 

SPLATHAIRCOLOR.COM





lock
hot
tonight

BOLD SHOULDERS

FORGET UNDERBUTT AND SIDEBOOB—THE NEW IT BODY PARTS TO FLASH ARE UNIVERSALLY SEXY, NO MATTER YOUR SHAPE OR SIZE. WEAR AND BARE.



THE NBD LBD

Shoulder cutouts are ideal for larger chests. Straps allow you to wear your regular bra.

DRESS, Thakoon Addition, \$550, Barneys New York.
EARRINGS, Simon G. Jewelry, simongjewelry.com



ON THE LOOSE

A blousy top and pants mimic the look of a flowing gown. Dress things up with sparkling jewelry.

TOP, \$140, PANTS, \$150, C/meo Collective, fashionbunker.com.
EARRINGS, Tacori, tacori.com



LADY IN RED

Walk the line between delicate and daring in a scarlet satin number with shoulder-grazing pearls.

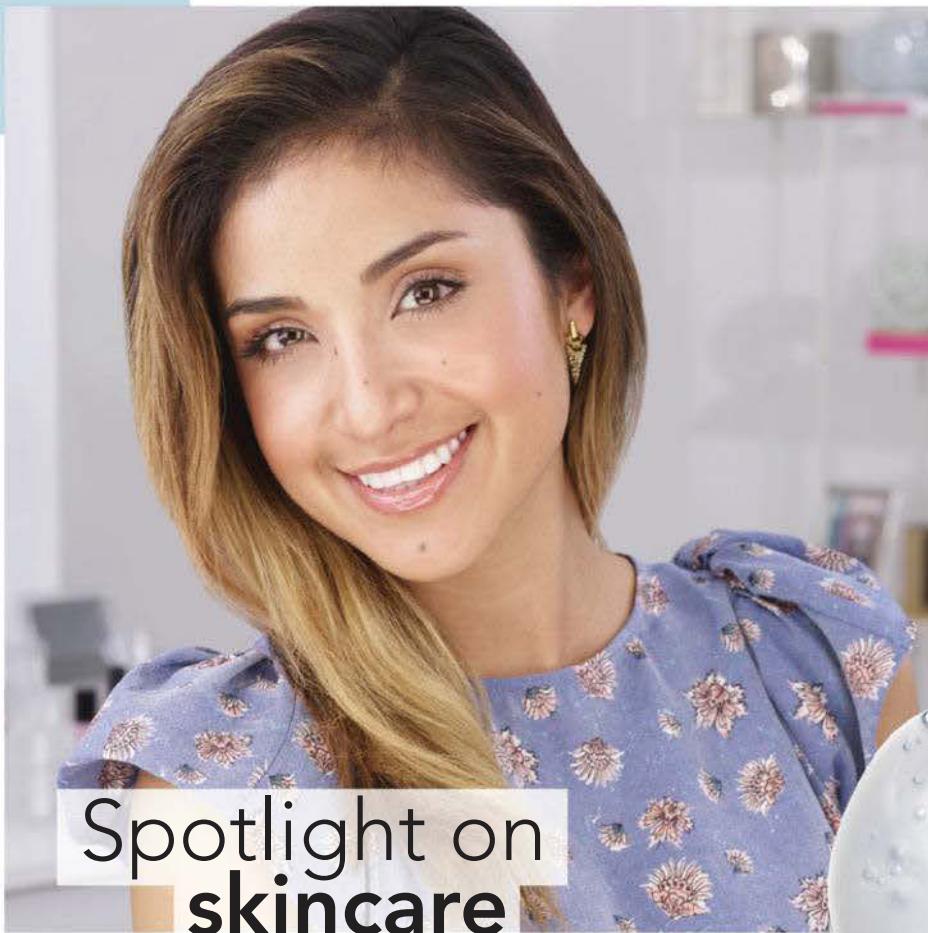
DRESS, Marchesa Notte, price upon request, shopbop.com. EARRINGS, Honora, \$305, honora.com



AFTER-HOURS EDGY

Trade your deep-V neckline for an open-neck leather jacket just snug enough to show a little cleavage.

JACKET, Faith Connexion, faithconnexion.com. JEANS, American Eagle Outfitters, \$59.95, ae.com. EARRINGS, Zales Jewelers, \$299, [Zales Jewelers](http://Zales.com) boutiques



Spotlight on skincare

Dulce Candy knows that quenched, luminous skin is the basis for any makeup look—but especially for her “No-Makeup Makeup” look. If looking effortlessly gorgeous is on your agenda this summer, follow these steps to look lit-from-within.

3

PUCKER UP
After all, your lips need hydration, too. Finish with a pop of gloss and flaunt your fresh face!



Visit Dulce's YouTube channel for an in-depth tutorial on how YOU can re-create this brilliant look!

1

PREP & PAMPER YOUR SKIN

When I'm having a bad makeup day, it usually means I haven't been taking care of my skin. Apply a hydrating overnight mask so you can wake up to pearlescent skin!

2

STICK TO THE ESSENTIALS

Concealer, highlighting bronzer, and mascara are all you need to showcase your natural beauty.



ADVERTISEMENT



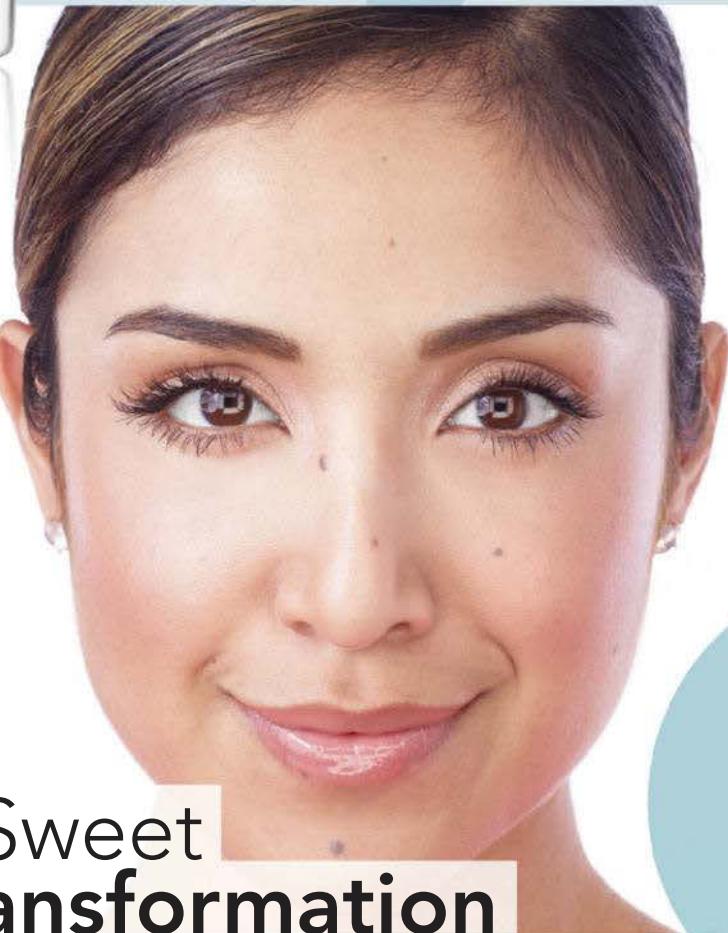
**THE BEAUTY GURU'S GO-TO:
Olay Regenerist Overnight Mask**

This mask effectively hydrates skin overnight so you wake up to a radiant complexion. Unlike typical peel-off masks, this gel treatment absorbs into the surface of skin, working throughout the night to even tone at the surface.



Winner
BEST MASK
Cosmopolitan
Beauty Awards
2015

“What makes
me feel
radiant?
Hydrating
my skin with
an overnight
mask. That's
true beauty
sleep!”



Sweet transformation



Dulce knows that when the moment really counts, she needs to be ready to light up the room. As her first book, *The Sweet Life*, launches in August, all eyes are on Dulce, and she is ready to glow!



OLAY
REGENERIST
LUMINOUS

Visit Olay.com and check out #olay
and #bebrilliant for more!



Are YOU ready to **be brilliant?**

Healthy, hydrated skin sets the stage for a radiant summer look that instills killer confidence!

Get up and glow with simple steps from brilliant beauty vlogger Dulce Candy.

Dulce Candy
not only stars on her
own YouTube channel,
she's a makeup and
skincare genius!
Get her tips
inside.


OLAY
Regenerist
LUMINOUS

"I WANT TO
GLOW FROM
THE INSIDE OUT."

Katie Holmes

Pearlescent
skin in 2 weeks,
without drastic
measures.

Olay Regenerist Luminous
Collection penetrates 10
surface cell layers deep,
and fades the look of
dark spots. For brighter,
luminous skin.



WORLD'S #1
FEMALE FACIAL SKINCARE BRAND[®]

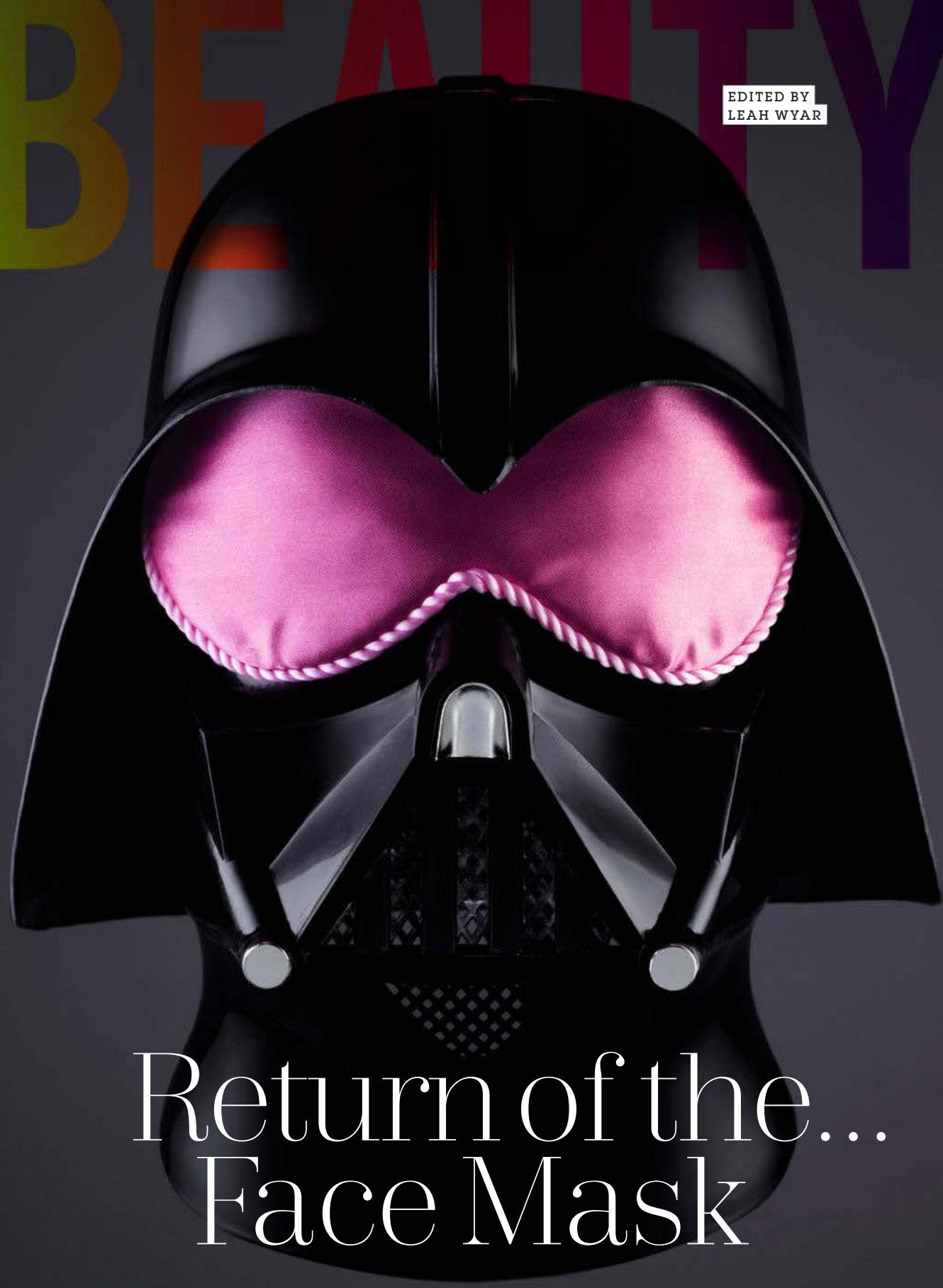
Your best beautiful begins at Olay.com

*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.


Olay
REGENERIST
LUMINOUS

YOUR BEST BEAUTIFUL™

EDITED BY
LEAH WYAR



BEAUTY

Return of the... Face Mask

DON'T HIDE YOUR SUMMER SKIN ISSUES—TREAT THEM! NEW, FAST-ACTING, AND CONCENTRATED FORMULAS MAKE BROWN SPOTS, FINE LINES, BIG PORES, AND MORE DISAPPEAR.

BY LAUREN BALSAMO

BEAUTY

GET EVEN

Grainy bits of sea kelp, plus exfoliating algae, fade dark spots and uneven patches of pigment.

ALGENIST *Algae Brightening Mask*, \$59, algenist.com

CODE RED

Forgot to reapply your sunscreen? This rose-spiked gel calms inflammation and cools skin on contact.

PETER THOMAS ROTH
Rose Stem Cell Bio-Repair Gel Mask, \$45, sephora.com

PORE PATROL

UV rays poke holes in collagen, stretching pores (and creating fine lines). Saturate skin with a glycolic-acid mask to help reverse the damage.

BLISS *Multi Face-eted All-in-One Anti-Aging Clay Mask*, \$50, Sephora

WATERWORKS

A combo of lotus extract (a natural humectant) and a hefty dose of water plumps skin and creates a coveted glow.

BELIF *First Aid Aqua Rush Mask*, \$30, Sephora

TIGHTEN UP

Like Spanx for your face, this flushes out excess water (thanks to Chinese barley), chiseling your cheekbones and jawline.

CLARINS *Shaping Facial Lift Wrap*, \$55, clarins.com

GLOW GETTER

Amethyst-colored clay absorbs impurities without depleting natural oils. Result: pure, detoxified skin that looks luminous.

DERMADOCTOR *Kakadu Amethyst Clay Detox Mask*, \$58, sephora.com

WIN

ENTER FOR A CHANCE TO WIN ONE OF FIVE \$100 SPACE NK GIFT CARDS
AT COSMOPOLITAN.COM/SPACENK2015 (SEE PAGE 211 FOR RULES)

THE WORLD'S FIRST BODY WASH WITH FRAGRANCE TOUCH TECHNOLOGY

TOUCH YOUR SKIN TO RELEASE FINE FRAGRANCE FOR UP TO 12 HOURS

With innovative Fragrance Release Pearls™, our perfumer has encapsulated a voluptuous fragrance.
So every touch of your skin releases renewed bursts of perfume, all day long.



Caress®

Wet Hair, Don't Care

Put down your blow-dryer and chill. Each of these updos looks sexy when wet and dries to a perfect finish. NYC hair pro Nunzio Saviano breaks down the tricks and tools that'll save you tons of styling time.

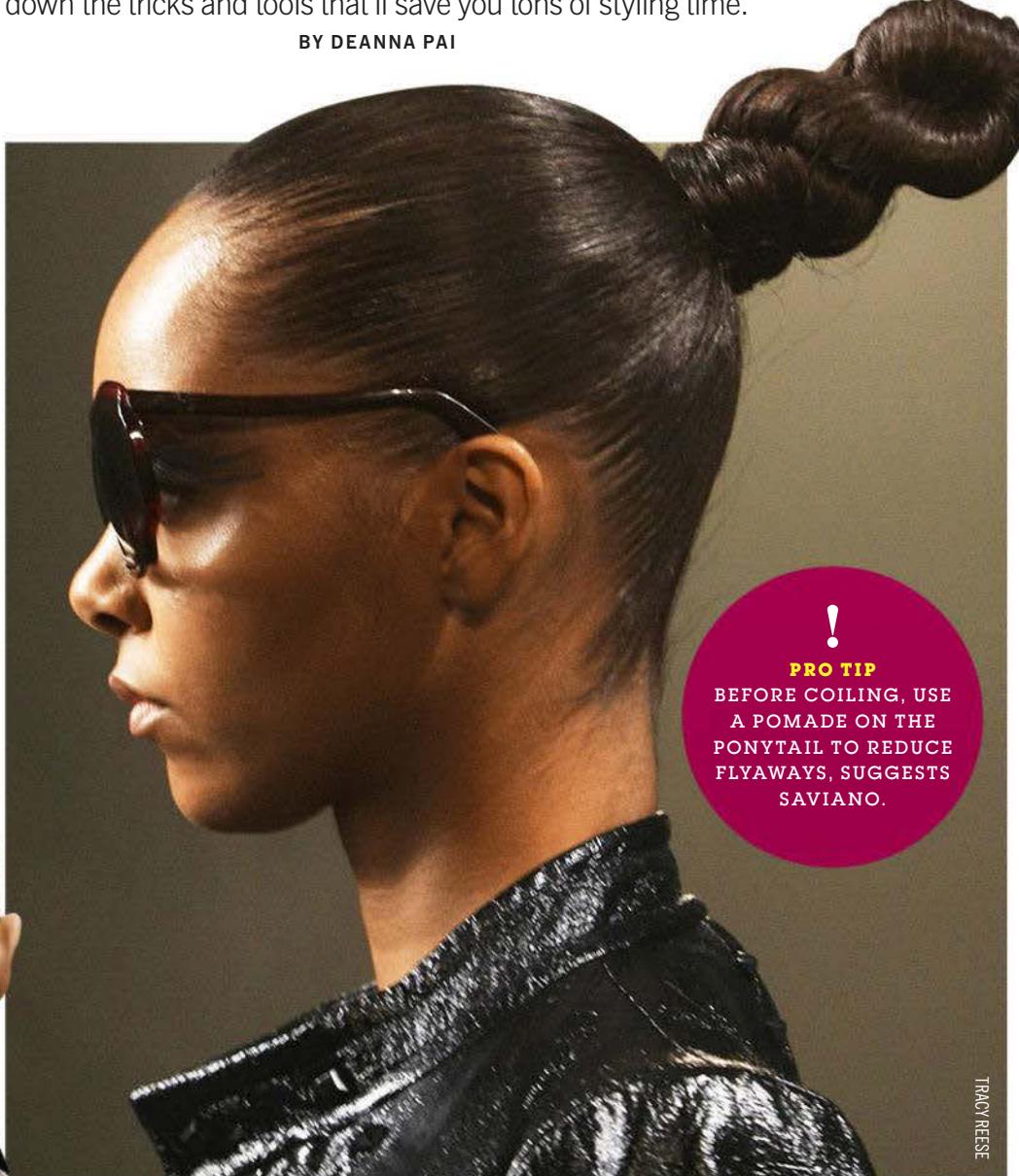
BY DEANNA PAI

Twist Up →

STEP 1 Pull hair into a high, tight ponytail, and divide it into two sections.

STEP 2 Wind the sections (simultaneously) until they start to coil.

STEP 3 Wrap the coils around each other two or three times, and tuck ends under, securing with pins.



CLOVERCANYON

TRACYREESE

All Tied Up ←

STEP 1 Pull hair into a slick ponytail at the back of your head. Lightly tease the tail with your fingers or a comb.

STEP 2 Wrap a bunch of hair bands haphazardly down the length of the ponytail, crisscrossing them as you go.

STEP 3 Tug on random sections to make some fatter than others.



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EFFECT

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HAIR NOW

ULTRA-LIGHT THICKENING SPRAY
THICKENS HAIR → INSTANT FULLNESS
24H SUPER SOFT BODY, NO WEIGH-DOWN



GARNIER

SPOT THE LATEST
MUST-HAVE LOOKS @ GARNIERSTYLE.COM

→ Tail-spin

STEP 1 Pull hair straight back, as if you're going to create a ponytail in the center of your head.

STEP 2 Wrap hair through the elastic once. The second time around, pull the tail a quarter of the way through to create a loop.

STEP 3 Comb the bottom of the tail so it hangs smoothly.

← Double the Sexy

STEP 1 Make a center part.

STEP 2 Twist each side inward, pinning sections as you go, to create two

rolls that meet at your part.

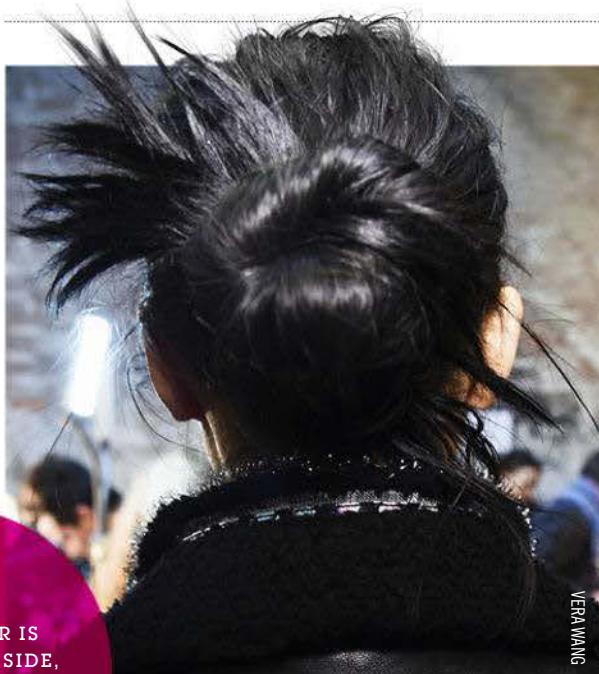
STEP 3 Secure the rolls with a ponytail at the nape of your neck.

→ Fan Favorite

STEP 1 Pull hair into a low ponytail, and loosely twist it into a bun. Secure with an elastic, but leave the ends out.

STEP 2 Tease the ends a bit, and fan them out with your fingers.

! **PRO TIP**
IF YOUR HAIR IS
ON THE FINER SIDE,
BULK UP YOUR
KNOT WITH A BUN
MAKER OR SOCK.



VICTORIA BECKHAM

Air Care

CURVES AHEAD

This lightweight foam defines damp curls while taking down frizz.



JOHN FRIEDA Frizz Ease Air-Dry Waves Styling Foam, \$10, drugstores

FUZZ FIX

This cream adds texture and prevents damp hair from drying to a puffy finish.



BUMBLE AND BUMBLE Don't Blow It (H)Air Styler, \$30, bumbleandbumble.com

MOST VALUABLE PRIMER

This detangling spray softens and boosts shine.



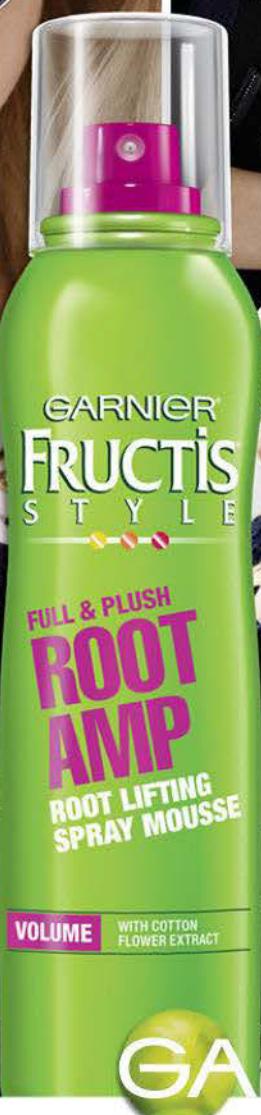
SHU UEMURA Wonder Worker Air Dry/Blow Dry Perfector, \$33, shuuemuraartofhair-usa.com

AMPED ROOTS

RAISE
YOUR ROOT
VOLUME

PRECISION SPRAY MOUSSE

TARGET ROOTS → MAJOR LIFT
GET EPIC 24H HEIGHT



GARNIER

SPOT THE LATEST
MUST-HAVE LOOKS @ GARNIERSTYLE.COM

BEAUTY



0:00-0:59

SOFTEN IN THE SHOWER

Plug up the tub and let the water pool around your feet. Massage a handful of scrub into heels and around toes to slough off roughness. Peppermint versions (like the one at left) cool skin, reducing redness.

THE BODY SHOP Peppermint Smoothing Pumice Foot Scrub, \$14, thebodyshop-usa.com

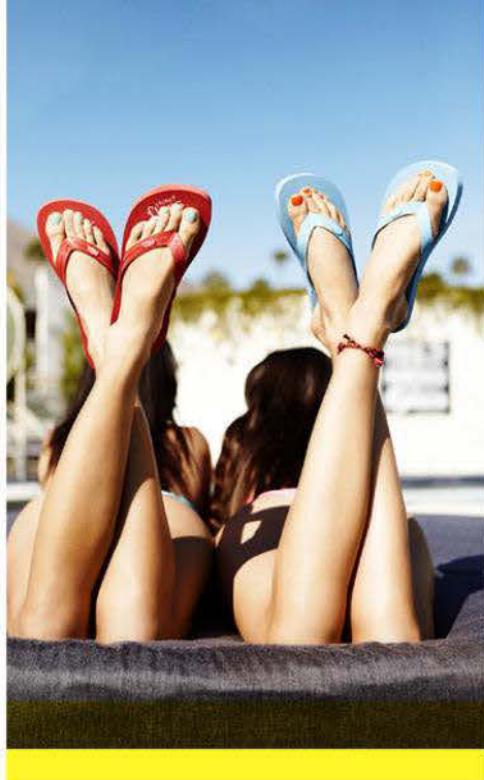


1:00-2:29

SMOOTH YOUR SOLES

After drying off, gently buff away remaining calluses with a foot file. Follow up with a fast-absorbing, nonslip cream (essential for sandals) to hydrate. (Get both in this kit.)

SOL DE JANEIRO Samba 2-Step Foot Fetish System, \$27, soldejaneiro.com



2:30-3:44

CLEAN UP CUTICLES

Apply a cuticle-erasing gel for 15 seconds, then push away dissolved skin with a metal mani stick. (Those with rounded edges, like the one here, are gentle and easiest to use.) Swipe nails with an acetone-soaked cotton ball to prep for color.

SALLY HANSEN Instant Cuticle Remover, \$6, drugstores; **BEAUTY 360** Cuticle Pusher, \$5, cvs.com



3:45-4:44

PERFECT WITH POLISH

Put on sandals before applying polish (that way, you don't have to wait for toes to dry). With an opaque, all-in-one formula (i.e., one that has a built-in base or top coat), apply a single coat. Shaky hands? Light-reflective finishes (right) conceal mistakes.

COVERGIRL Outlast Stay Brilliant Nail Gloss in Constant Caribbean, \$5.50, drugstores



4:45-5:00

DRY AND SHINE

Blast toes with a blow-dryer set on the cool setting. Or apply quick-dry drops to each nail to seal in shine and prevent smudges.

ESSIE Quick-E Drying Drops, \$10, essie.com



NEED A PEDI... NOW?

THESE DIY TRICKS
WILL GET YOUR FEET
STRAPPY-SANDAL SEXY
IN NO TIME—SALON
NOT REQUIRED.

BY LAUREN BALSAMO



beauty at its best

5 New & Exclusive Products to Try This Month From Walgreens



luscious lips

Try new and improved **Rimmel Moisture Renew Lipstick** for a brilliant burst of rich, pure color, infused with a monsoon of creamy moisture.



fun fringe

Make your eyes pop with **Colour Prevails Lash Ombre Mascara**, applied at the base of lashes—with tips painted black—to enhance your natural eye color.

flawless finish
Revlon PhotoReady Airbrush Effect™ Makeup utilizes a light-filtering technology that delivers a poreless, airbrushed look sure to make you smile.



Walgreens
Exclusive!

mesmerizing mani

You'll be sure to get noticed with these stunning new **essie®** shades—**Romper Room**, **First Timer**, and **Come Here**—available exclusively in-store and on Walgreens.com.



Visit a store or Walgreens.com for more new products and exclusives.

Walgreens

Playing the Skin-Care Field?

Stop the on-again, off-again relationship with your products—and start seeing results—with our guide.

BY DEANNA PAI



YOU DITCHED A PRODUCT BECAUSE...

It left your face red and irritated.

STICK-WITH-IT TIP: Some ingredients, like retinol, inflame skin on purpose (to shed damaged outer cells or kick-start production of skin-plumping collagen), and it can take four to eight weeks to build up a tolerance, says Jeanette Graf, MD, a dermatologist in NYC. Stop using it until skin returns to normal, then “reintegrate it into your routine, using only a pea-size drop every other night followed by a gentle moisturizer,” says Dr. Graf.

YOU DITCHED A PRODUCT BECAUSE...

You didn't see results.

STICK-WITH-IT TIP: “On average, you won’t see a visible skin change for about four weeks,” says Amy Wechsler, MD, an NYC dermatologist. If, after that, you still see zilch, schedule a quick trip to your dermatologist’s office (or see a trusted aesthetician) to be sure it’s right for you.

YOU DITCHED A PRODUCT BECAUSE...

You didn’t like its smell or texture.

STICK-WITH-IT TIP: Playing with the product in-store (via a communal tester or requesting a single-use sample) is your best bet. Other ways you can curate: Sephora.com’s Skin Care IQ (an online consultation that helps you zero in on new faves by calling out ingredients, types, textures, and fragrance-free options) and the OG product-reviewing website MakeupAlley.com.

YOU DITCHED A PRODUCT BECAUSE...

You found something newer and cooler.

STICK-WITH-IT TIP: Indulge your impulse-purchase habit with samples. A monthly subscription service (like Birchbox or Glossybox) lets you test-drive products and spring for a full-size version of something you love. Also helpful: Sephora.com, which includes three free samples with your order.

IF YOU JUST HATE IT...

These retailers offer the best return policies—even for opened products. Just stash your receipts.

CVS AND WALMART

Full refund, no questions asked

SEPHORA

Full refund within 60 days; store credit up to 90 days

MACY'S

Full refund for unopened or barely used products

TARGET

Exchange on a case-by-case basis

NORDSTROM AND WALGREENS

Refund or exchange on a case-by-case basis

ULTA

Full refund within 60 days; store credit thereafter

The moment was perfect.



But your plan for birth control wasn't.

When preventing pregnancy doesn't go as perfectly as planned, it's good to know there's Plan B One-Step®. It's the #1 OB/GYN recommended emergency contraceptive brand^{1*} chosen by millions of women. Plan B One-Step® helps prevent pregnancy when used as directed—within 72 hours of unprotected sex or birth control failure. There's no prescription required. It's right in the aisle when you need it. And it won't affect an existing pregnancy.

So when you need a backup plan, it's there for you.



Use as directed.

www.PlanBOneStep.com

For the perfectly imperfect.

*Survey of 916 OB/GYNs, February 2014. 1. Data on file. Market Research, February 2014. Teva Women's Health, Inc.
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For use by women only.

COVERGIRL
Jumbo gloss balm
creams

IT'S THE BALM

This creamy pink—a perfect combo of color and shine—is a total pout pleaser.

COVERGIRL Colorlicious Jumbo Gloss Balm Cream in Strawberry Frappe, \$7, drugstores

EYE OPENER

Vitamin-infused (and cucumber-scented) mascara gives lashes an instant boost.

RIMMEL LONDON Wonder'Lash Lift Me Up Mascara, \$9, drugstores

PERFECT PEAR

Sweeten your shower sesh with a fruit-scented wash.

OLAY Fresh Outlast Body Wash in Crisp Pear and Fuji Apple, \$5.50, drugstores

GO LONG

Lengthy locks can get wimpy toward the bottom. The fix? This end-plumping serum.

GARNIER FRUCTIS Full and Plush Ends Plumper Amplifying Leave-In Serum, \$6, drugstores

BUZZWORTHY

Give sleepy eyes a de-puffing jolt with caffeinated concealer.

ALBA BOTANICA Fast Fix for Undereye Circles, \$6, albabotanica.com

\$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

FINGER PAINT

Wear this sheer watercolor hue alone, or blend it with another to bring out your inner artist.

OPI ColorPaints Blendable Nail Lacquer in Chromatic Orange, \$9.50, Ulta

TAKE IT OFF

Swipe onto eyes, lips, and skin to remove makeup and cleanse—no rinsing required!

BOOTS BOTANICS All Bright Micellar 3-in-1 Cleansing Solution, \$7.50, Target

MANI-CUBE

File, buff, smooth, and shine—this four-way tool does it all.

TWEEZERMAN Neon Hot 4-in-1 File, Buff, Smooth, and Shine Block, \$10, tweezerman.com



VERSACE

LIFT HERE TO
EXPERIENCE
YELLOW DIAMOND

VERSACEPARFUMS.COM



VERSACE
PARFUMS

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EXPERIENCE
BRIGHT CRYSTAL

MACY'S AND MACYS.COM

*colorful
comfort™*



SKECHERS SPORT
WITH MEMORY FOAM

BEAUTY



CALIFORNIA DREAMING

Show your love for all things L.A. (sunsets, surfing, celebs!) with these City of Angels–inspired nail hues. Bright and punchy, they're the perfect way to celebrate summer—and that confetti top coat brings a whole new meaning to "party nail."

NOT A MORNING PERSON?

Consider this shower gel your up-and-out Rx. Loaded with skin-stimulating ginseng and pink pepper berry plus a zingy citrus scent—a combo of mandarin, lemon, and sweet orange peel—it'll bring on #Boss mode in seconds. (And how much do you heart its name...Orangeasm?)



EAU SO LUXE...FOR LESS!

Attention Walmart shoppers: Vera Wang can now be purchased for \$30 in the fragrance aisle. The designer's new Embrace collection features three new scents (Periwinkle and Iris, above; Rosebuds and Vanilla; and Green Tea and Pear Blossom) that can be worn alone or layered if you're a customize kind of girl.

VERA WANG Embrace Periwinkle and Iris, \$30, Walmart

SEXY BEAUTY ALL MONTH LONG

BY LONI VENTI



NARS True Nars Lip Set, \$49, nordstrom.com

TRIPLE KISS

Adored for its limited-edition collections, Nars has created this reusable box for lipstick lovers, loaded with three universally flattering hues (hot pink, cherry, and scarlet) in both satin and matte finishes.



BENEFIT They're Real! Beyond Mascara in Beyond Blue, \$24, Sephora

WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

It looks great with
Tampax Pearl. Its Built-In
Backup Braid™ helps
stop leaks by
channeling them
back into the
core, protecting you in a
way no other tampon does.



power
OVER PERIODS™

Try pocket size for on-the-go

imagine...

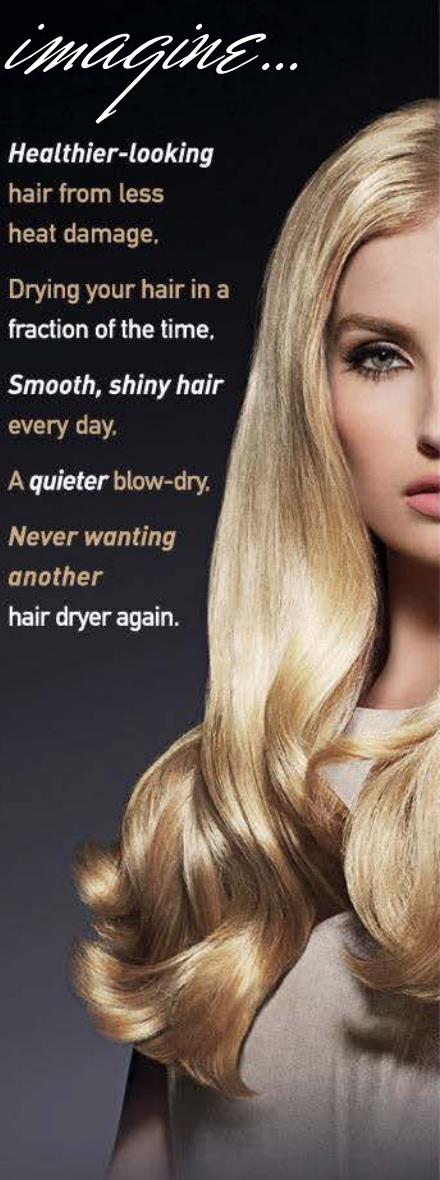
Healthier-looking
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Smooth, shiny hair
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COSMOPROMOTION

hotlist

>PRIZES >HAPPENINGS >STUFF



REVOLN ULTRA HD™ LIPSTICK

When it comes to summer beauty, a bright lip color is all you need. Try Revlon Ultra HD™ Lipstick in HD Hydrangea, HD Orchid or HD Poppy for a great pop of color. The revolutionary wax-free gel technology delivers lightweight, high-definition color in one smooth swipe for irresistibly kissable lips.

20 high-definition shades to love.

Revlon.com/UltraHDLipstick

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Hydroxycut® Max includes female-friendly ingredients, folic acid, and iron, and can help you get into the best shape of your life.

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LOVE YOUR LEGS

Skintimate® shave gel moisturizes and protects skin, leaving your legs feeling healthy after every shave.

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WIN IT

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Tweet us the small things you do every day to help achieve your goals with the hashtag **#UpUpUpSweeps** for a chance to win **VIP entry** for you and a friend to **Cosmopolitan's Emerging Designer Fashion Event**, plus a meet and greet with the designer, AND \$500 to use towards your goal!

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A modern twist on
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Secret Curl™

*The clipless design of our pop-up rollers
leaves hair free from creases and
seams for beautiful, smooth curls.*



Twist hair in.



Curl comes out.



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Patent Pending
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Fair-Skin Diaries

When bronze is the prevailing summer beauty goal, how does a pale girl find her look?

BY JESSICA MATLIN

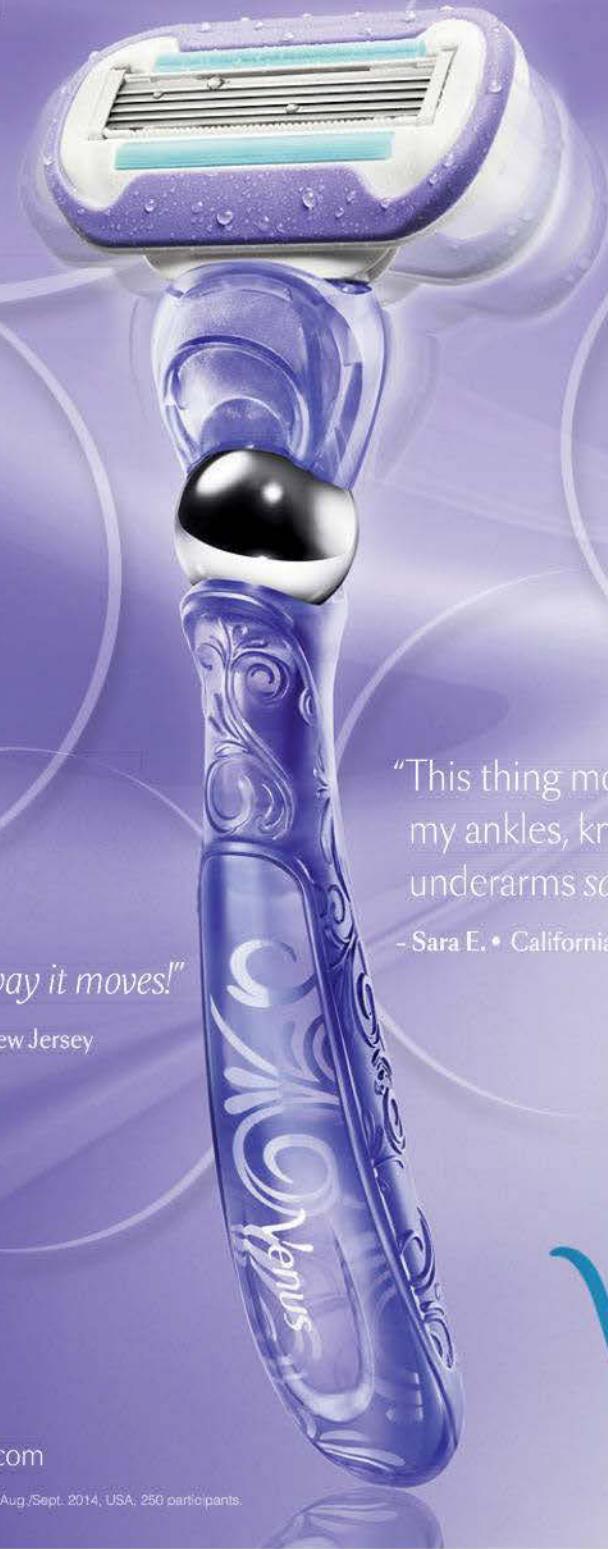
"GET A TAAAN!" bellowed a deep, slurred male voice from one of the hundreds of people packed onto the Jersey Shore. As I walked across the hot sand in a black one-piece, the idiot call continued, fading into the distance. I was embarrassed, sure, but I could see the humor.

Among all the tanned, coconut-scented girls, I probably looked like Goth Barbie. I just didn't fit in at the beach.

With my dark red hair and white, freckly skin, I fry up in the sun within 10 minutes flat. During bright al fresco lunches, I'm applying SPF to the backs of my arms before the drinks even arrive. People's moms have

& THERE YOU HAVE IT

9 out of 10 women agree that
Venus Swirl moves with your
body's curves.*



"The Venus Swirl Razor
has *renewed my love*
for shaving."

- Jennifer C. • California

"Love the *way it moves!*"

- Amanda J. • New Jersey

"Very easy to use
and *effortless*."

- Heather D. • Virginia

"This thing moved around
my ankles, knees and
underarms *so easily*."

- Sara E. • California

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Gillette
Venus
SwirlTM
great legs &

SAVE on Venus today at coupons.com/venus

Coupons are available for a limited time only.



FAIR GAME

always worried about my skin more than their kids'.

That's why I can't help but marvel at girls who look natural in a summer setting, the type I used to idolize on *MTV Spring Break*. With each hour in the sun, they seem to grow hotter, literally and figuratively. A tan turns them into sex goddesses who look a lot like them, only thinner, happier, and more confident. It's like they're all related to Gisele. I had to know what it was like.

Since I can't tan au naturel without getting burned, for years I fiddled with alternative methods. Tanning beds were off the table. Their UV rays are just as dangerous as the real deal—sometimes even stronger.

Self-tanner was the obvious next step, but I just never got the hang of application. I always ended up looking coffee-stained or like I was wearing orange leggings. Technique aside, a lot of formulas left me smelling like old, wet newspaper for days.

When a big destination wedding came up—and I wanted to look bronze—I knew enough to go pro. After a custom spray tan, I hopped on a six-hour flight right from the salon, stepping off the plane looking like a crumpled lunch bag. (My clothes had bunched in the seat, and the pigment developed unevenly.)

At that point, I was done. The truth is, I'm very much the indoor type. I'm thoroughly in my element when I'm in AC with a crunchy snack and a good book. Trying to pull off full-blown self-tanner was going about as well as the time I tried to walk in five-inch Choos—embarrassing to watch.

Give your skin a believable glow—and pop of color—with these editor-tested favorites.

POWER PINK

Against pale skin, hot pink is both playful and rebellious.

BURBERRY *Lip and Cheek Bloom in Poppy No. 9, \$30, burberry.com*



Now I'm doing as my mom said from the start—embracing my pale skin tone. It's easier these days as lying out has become taboo. Sun bathing is horrible for your health and makes skin age like a leather handbag.

"My mother said that the sun was beauty suicide," says celebrity makeup artist Charlotte Tilbury, who shares my typical redhead coloring. Tilbury doesn't try to replicate the bronzed-goddess looks she creates for celebs like Kate Moss and J.Lo. "I play up my fair skin," she says, sometimes adding "bronzer to highlight or contour." Inspired by Tilbury, I've since amassed an arsenal of gradual self-tanners, golden powders, and shimmery lotions, which are subtler than traditional self-tanners and look super-

COMPLEXION PERFECTION

Like having a mini lighting director in your bag, it gives skin a candlelit look.

HOURGLASS *Ambient Lighting Bronzer, \$50, nordstrom.com*

MINIMAL DRAMA

This face cream imparts just a hint of color with each application (i.e., preventing any OMG surprises).

JAMES READ *Gradual Tan Day Tan Face, \$34, sephora.com*

glam. Also, I'm taking cues from other fair ladies like Gwen Stefani and Emma Stone. They don't sit out the season, instead going for it with hot coral and flamingo pink lip colors to play up their porcelain complexions. Once I stopped trying to be a beach bunny—and started having fun with who I really am—a strange thing happened. I felt sexier. Just in time to enjoy my summer. ■

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HOW SAFE IS YOUR NAIL SALON?

You trust your nail salon with sharp tools, noxious fumes, even hot wax. A healthy, clean space should be a given.

BY JESSICA MATLIN

A WALL OF POLISH, a rack of mags, and the promise of a foot rub—what's not to love about a pro mani-pedi? It depends on where you go. If a spa isn't sanitary, you run the risk of anything from a headache due to potent fumes to a serious infection from dirty tools. We've mapped out the red flags.

Dirty Digs

When celeb nail artist Deborah Lippmann pops into a mani-pedi place, she always scouts out two areas: the corners and the bathroom. "If they're clean, it's usually a sign of higher standards."

Secondhand Fumes

While that nail-polish smell is unavoidable, your eyes shouldn't water upon entry. Workers are the most vulnerable to fumes (see box below), "but even short exposure to hazardous chemicals can be harmful," says Thu Quach, PhD, a research scientist with the Cancer Prevention Institute of California who has done extensive research on nail-salon safety.

Tainted Tools

A dirty nail kit can transfer serious germs, which can result in anything from a fungal infection to a staph infection, says Lippmann. "Imagine if you went to your dentist, and he used a tray of tools he'd used on another patient," says Lauren Breese, director of professional development for OPI. Autoclave machines (which use steam

to kill germs) and hospital-grade soaking solutions are effective, but it's tough to know if a salon is sanitizing the tools long enough or using the right formula. Also, certain tools should never be reused, like nail files or buffing sponges, which get clogged with other people's dead skin. To play it safe, Lippmann recommends bringing in your own kit.

Janky Jacuzzi

Pedi tubs are a potential germ farm, especially Jacuzzi filters, which get trapped with dead skin. If your local pedi place doesn't do jet-free bowls, inspect the tub before they fill it, and see if there's any grit, grime, or gunk. "If so, I say, 'I'm sorry, but would you clean this for me?'" says Lippmann.

Polluted Polish

If a client has a funky fingernail—or an open sore near the nail bed—communal polish can get contaminated, says Lippmann. While she admits this is "a worst-case scenario," Lippmann prefers bringing her own polish. A BYOP policy may also ensure a longer-lasting mani. "I constantly see salons adding remover to the polishes so they last longer."

Hairy Situation

Going for a wax? The treatment table should be covered in a fresh paper sheet, and the wax pot shouldn't resemble a messy melted candle, says Melanie Gilliland, an expert for European Wax Center. And if they double-dip? *Run.*

IT'S NOT JUST YOUR SAFETY

This May, *The New York Times* ran an exposé on New York City's nail-salon industry, blowing the whistle on injustices from workers' stolen wages to illness due to chemical exposure. "Often when you have rampant safety violations, it's possible there are wage violations," says Charlene Obernauer, executive director of the New York Committee for Occupational Safety and Health. Here, what you can do.

ASK a smelly salon to turn on their fans or ventilation system.

DON'T be freaked if your tech wears gloves or a mask—it's to protect them from chemicals.

DON'T fall for a super-cheap service. Usually, it's at the expense of something or someone else.

TIP in cash, and give it to your nail tech to be sure that she's pocketing it.

ENCOURAGE your salon to carry nontoxic formulas. "Nail products can be dangerous," says Quach.

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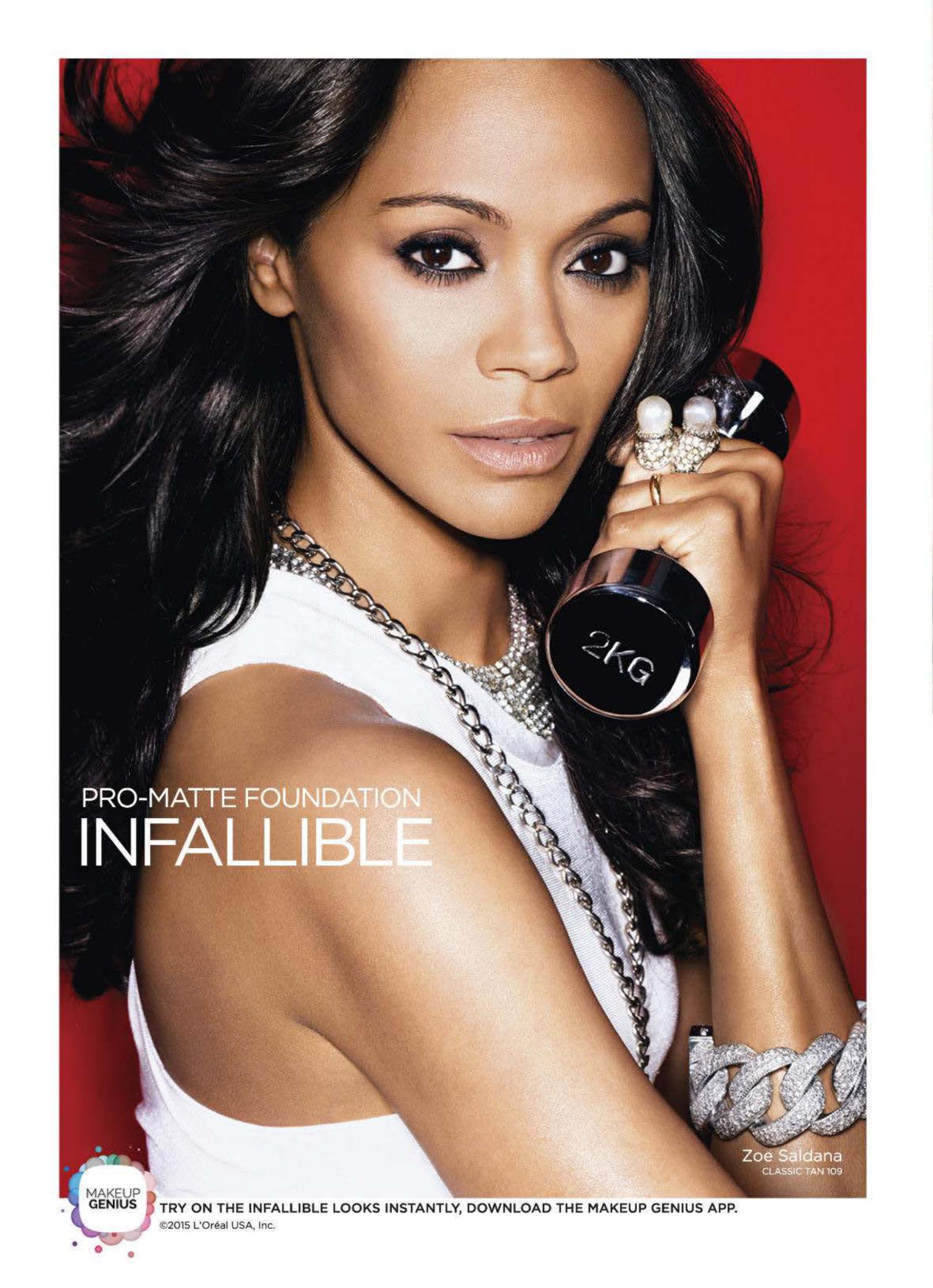


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1

GET EVEN

Apply your usual base or tinted moisturizer to create a smooth surface.

ESTÉE LAUDER
Sculpting Foundation Brush, \$45, estee.lauder.com

2

SCULPT IT

With an angled foundation brush, sweep foundation—one that's two shades darker than your skin tone—inside the hollow of your cheekbone (make an O with your mouth to see it).

3

GLOW ON

Finish by tapping a second foundation that's two shades lighter than your skin onto your cheekbone (from your eye to your temple). Blend any sharp, obvious lines, then dust with loose powder to set.

1

PUCKER UP

Apply a clear, lip-plumping gloss. Leave it on for five minutes to stimulate circulation, then tissue off.

YOU WANT A PLUMPER POUT

Go big or go home, using nothing but makeup.

3

FINISHING TOUCH

Outline the area you just traced with a concealer crayon (this prevents lip color from migrating and enhances the lip shape even more). Soften the line with your fingertip, then tap the same concealer onto the center of your lips. This area will catch light, creating the illusion of fullness.

2

LINE AND FILL

Trace the skin just outside your natural lip line with mauve liner (Kylie's go-to), following its shape, then fill the area inside the lines. Top with a matching, semi-matte lipstick.

M.A.C.
COSMETICS Pro
Longwear Lip
Pencil in
Nice 'n' Spicy,
\$20, maccosmetics.com



DIOR
Addict Lip
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\$33, dior.com



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BEAUTY

More Ways To...



...sculpt your cheeks

AMP IT UP

High-tech facials (such as the Triple Crown at NYC's Joanna Vargas Spa) use microcurrent technology (low levels of electricity) to lift face muscles. "Results are instant and last about a week," says Vargas. An at-home version (which the *Cosmo* beauty team loves): the NuFace Mini. It, too, delivers microcurrents.

NUFACE Mini, \$199, mynuface.com

TRY FACE MASSAGE

It removes excess fluids (caused by salt and cocktails) to define the jawlines and cheeks, says Nichola Joss, creator of the Nichola Joss Method of massage. Apply facial oil, then press the heels of your palms beneath cheekbones, sweeping from mouth to temples. Next, make upward circles with your fingertips. (Repeat three times.) Finish with sculpting serum to enhance.

ESTÉE LAUDER New Dimension Shape + Fill Expert Serum, \$89, estee lauder.com



FULLIPS Lip Enhancer, \$20, fullips.com

...SCORE a power pout

GET YOUR SUCTION ON

Self-suction gadgets, like Fullips' (top right), create a seal, swelling the area for a temporary plumping effect. Just place it against your lips and suck like you're drinking from a straw. (FYI: These are way safer than the soda bottles and shot glasses that practically broke the Internet thanks to the #KylieJenner Challenge. Not only are those painful, they can be dangerous—glass can break, leading to stitches and scarring.)

FILLER UP

Kylie recently admitted to temporary lip fillers. If you're interested too, talk to your doc about Restylane Silk. The FDA-approved, hyaluronic acid filler is raved about for its natural-looking results, says NYC dermatologist Whitney Bowe, MD. Treatments cost around \$800 and last about six months. Tip: Take a peek in a mirror periodically as you get plumped, suggests Dr. Bowe. This way, you can make adjustments throughout your treatment.



STILLS: JEFFREY WESTBROOK/STUDIO D; LASHES: GETTY IMAGES; JENNERS TOGETHER: JOHN SALANGANG/BFANYC.COM; JENNERS SEPARATE: BAUER GRIFFIN.COM

THEY BOTH <3 A SMOKY EYE!

ARDELL Fashion Lashes, \$5, drugstores

GIORGIO ARMANI BEAUTY Maestro Liquid Eyeliner, \$34, giorgioarmanibeauty-usa.com

BAREMINERALS Velvet Eyecolor in Velvet Charcoal, \$14, bareminerals.com

L'ORÉAL PARIS Voluminous Miss Manga Rock Mascara, \$8, drugstores

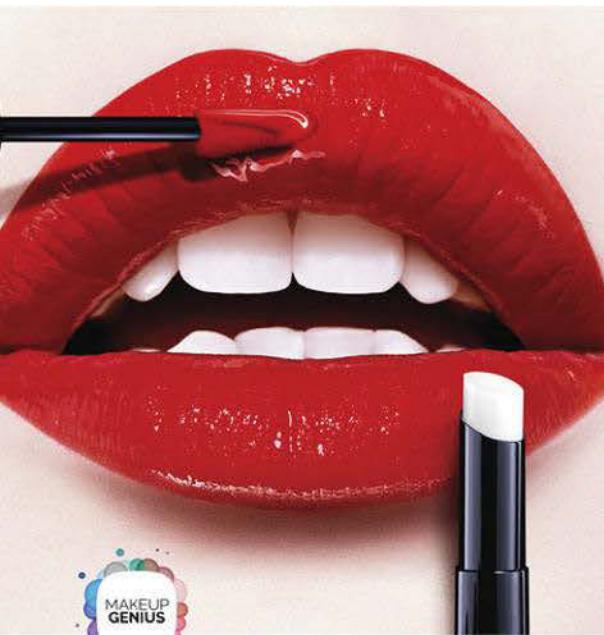




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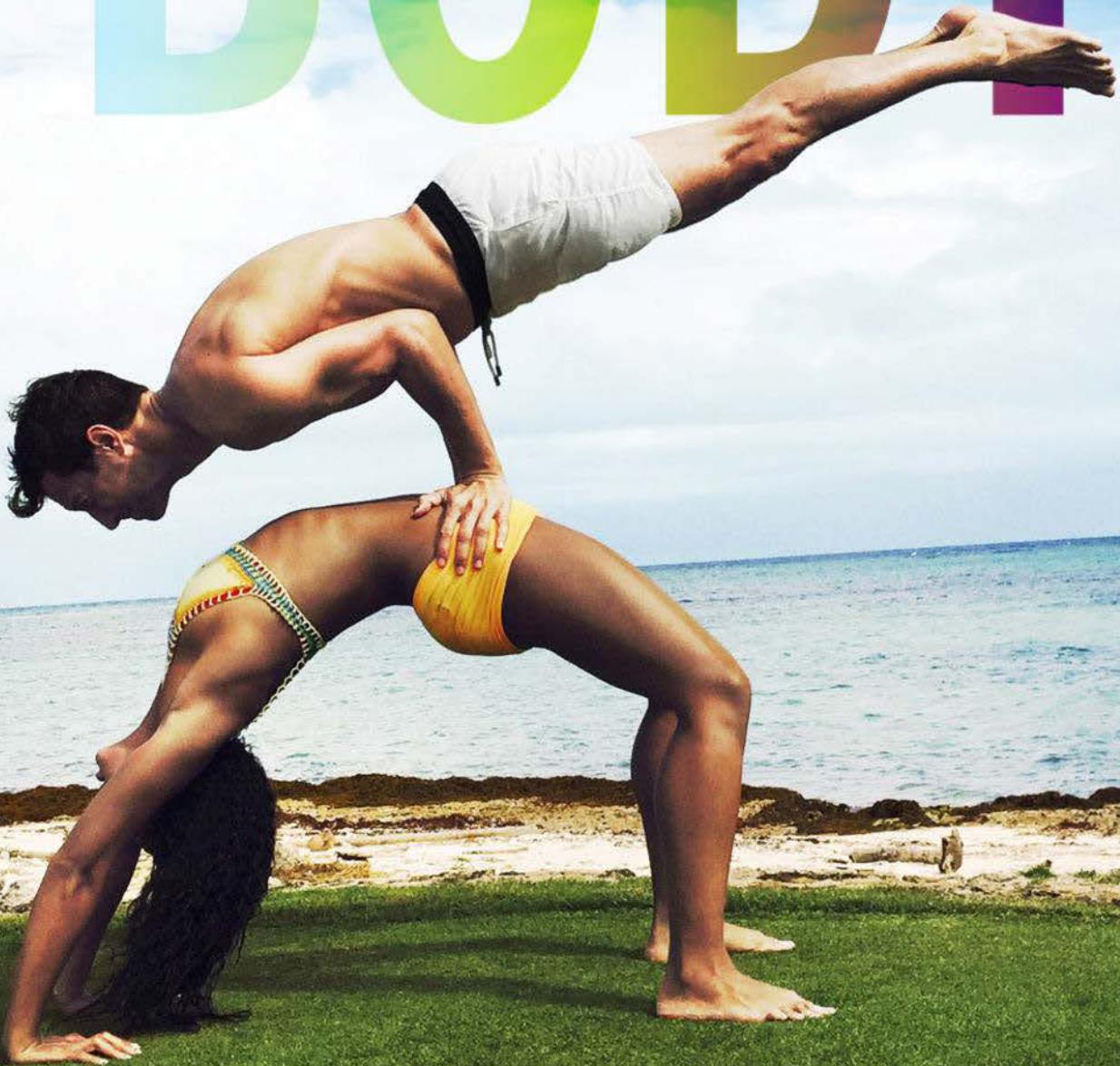
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BODY

EDITED BY
SARA AUSTIN &
DANIELLE McNALLY



Take It Outside!

SUMMER MAKES EVERYTHING BETTER—INCLUDING EXERCISE. SHAPING UP IN THE SUNSHINE MAKES YOU FEEL CALMER, MORE FOCUSED, AND MORE CREATIVE THAN YOU WOULD UNDER FLUORESCENT GYM LIGHTS. TURN THE PAGE FOR THE TRENDIEST WAYS TO GET OUT THERE.

FITNESS BUZZ



HANNAH BRONFMAN



AKIN AKMAN



GERALD BÜNDCHEN



LENA DUNHAM

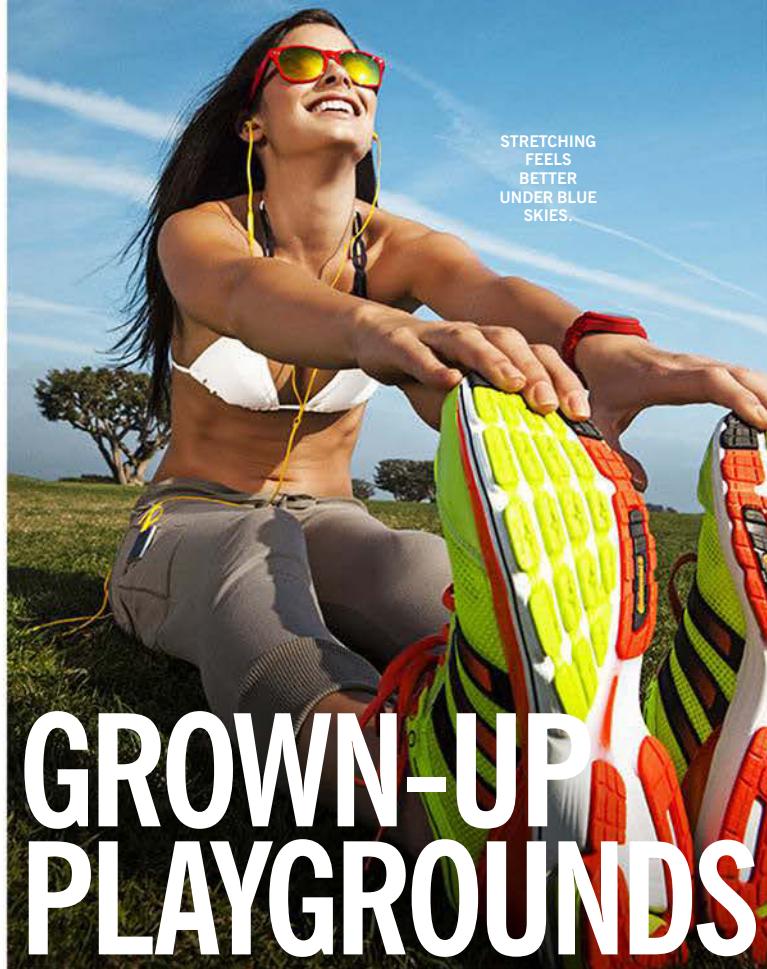
DOUBLE THE FUN

Our latest Instagram fitspo: celebs doing *ahhmazing* yoga poses in breathtaking spots (that's Hannah Bronfman with her boyfriend, Brendan Fallis, on page 119). These aren't any old asanas. This super-sexy brand of partner posing, called *AcroYoga*, blends the mental focus and breathing techniques of yoga with the core strength and flexibility of acrobatics. To defy gravity with your own beau or BFF, visit AcroYoga.org.

—HELEN ZOOK

PERCENTAGE MORE CALORIES BURNED, ON AVERAGE, RUNNING OUTSIDE VERSUS ON A TREADMILL.

SOURCE: JOURNAL OF SPORTS SCIENCES



STRETCHING FEELS BETTER UNDER BLUE SKIES.

GROWN-UP PLAYGROUNDS

Outdoor cardio is easy, but what about strength sessions? Some cities are on it—New Orleans' City Park, West Perrine Park in Miami, and the Esplanade in Boston all have fitness playgrounds with trappings like pull-up bars and exercise benches. Make anywhere a gym with these moves from Lacey Stone, trainer to Amanda Seyfried and Kelly Osbourne.



Work Your Booty on a Slide

Sit on the bottom edge of the slide, facing out, legs extended. Lean back, and lift legs so they are parallel to the ground. Kick left leg up a few inches, then right leg up a few inches. Continue, alternating legs for 30 seconds. Do 3 sets.



Work Your Legs on the Stairs

Stand facing the bottom of a staircase. Step right foot up two steps, bending right knee to lunge. Straighten. Bring left foot to meet right. Repeat, stepping with left leg first. Continue, alternating sides to top, then run down. Do 5 sets.



Work Your Arms on a Rock

Stand facing away from a large rock (look for one about two feet tall). Squat, and place hands on rock behind you, arms straight and fingertips facing body. Bend elbows, lowering butt toward ground. Do 3 sets of 12 reps.

—AMY SCHLINGER

LOOPY OR LEGIT? FOREST BATHING What seems like a woo-woo trend—spending QT near greenery to boost health—is the real deal, research says. The popular Japanese practice *shinrin-yoku* has Americans hooked too. Here's why: Forest bathing (i.e., being in the woods for 20 minutes or more) may improve blood pressure, mood, creativity, and thanks to organic compounds released by trees, even immunity. For a feel-good bump, take a hike or eat lunch on a park bench. —JESSICA MIGALA

A photograph of three young women. The woman on the left is holding a black tablet and a pen, looking down at it. The woman in the center is laughing and looking at the tablet. The woman on the right is looking directly at the camera with a slight smile. They are all dressed in casual, stylish clothing.

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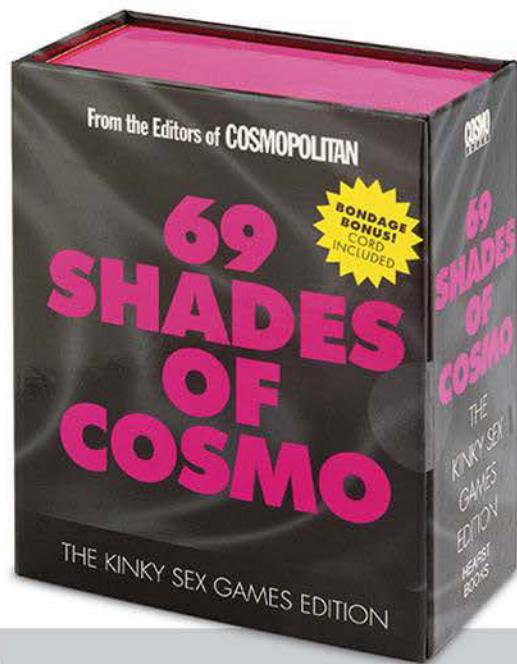


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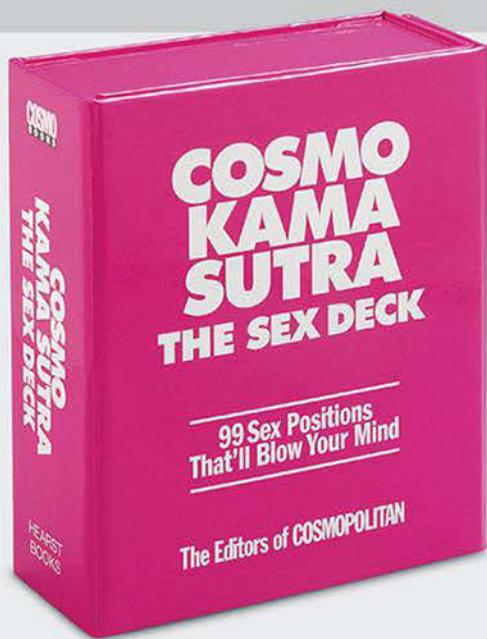
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THE SLICE IS RIGHT

First the sad news: Most pizza isn't too healthy. "It's typically piled with cheese, upping the sodium and saturated fat, and skimpy on vitamin-rich veggie toppings," says Dawn Jackson Blatner, RD, a dietitian in Chicago (a city that knows 'za). Now the good news: Better-for-you pie doesn't have to be blah. In a Scottish study, 77 percent of adults said a pizza with less salt and saturated fat and more fiber was as good as or better than their go-to. Pair these with salad for a totally acceptable meal.

Kashi Greek Tzatziki Single-Serve Pizza
At just 300 calories, who needs willpower?! Whole-grain crust supplies 9 grams of fiber.

Newman's Own Roasted Vegetable Thin and Crispy Pizza
Get vitamin C (thanks to peppers, onions, and mushrooms) and 3 grams of fiber in each 240-calorie serving.

Amy's Pesto Pizza
This pie gets points for organic ingredients and for a hit of calcium, iron, and vitamins A and C.

—BETHANY GUMPER



CAN SEX HELP YOU EAT LESS? Getting busy may stave off a binge later. In a new study, participants with oxytocin—the love hormone—in their body ate on average 122 fewer calories at their next meal than those without. (They took oxytocin or a placebo via nasal spray.) "Oxytocin affects the parts of the brain that regulate food intake," says study author Elizabeth A. Lawson, MD. It may have the same appetite-reducing effects post-coitus, although more research is needed. **Volunteers?** —B.G.



IF YOU HAVE PEACHES...

GRILLED PEACHES

Mix ½ teaspoon cinnamon and 2 tablespoons coconut sugar; set aside. Cut 4 peaches in half along seam, removing pit. Brush cut sides with olive oil. Cook, cut side down, on a hot grill about 2 to 3 minutes. Brush tops with oil, flip, and move to side. Sprinkle with cinnamon sugar. Cover; cook until sugar is melted and fruit is tender, about 5 to 10 minutes. Top with Greek yogurt and granola.



IF YOU HAVE STRAWBERRIES...

BERRIES AND CREAM

Quarter 4 cups strawberries (discard stems). Mix with 2 tablespoons coconut sugar and 2 teaspoons lemon juice. Let sit for 30 minutes. In a cold bowl, beat 2 cans chilled coconut cream, 1 tablespoon honey, and 1 teaspoon vanilla extract on high until stiff peaks form, about 5 minutes. Dollop on berries; add sliced almonds.

IF YOU HAVE RASPBERRIES...

RASPBERRY SORBET

Pulse 24 ounces of frozen raspberries in a food processor or blender. With the machine running, pour in ½ cup water and ¼ cup honey, and blend until smooth, about 3 minutes, adding more water if needed.

Freeze about 30 minutes. Scoop sorbet into 4 glasses, and top each with ¼ cup champagne, 2 tablespoons crumbled biscotti, and fresh raspberries.

EAT YOUR SWEETS

No need to skip out on the best meal of the day (dessert, obvi). "The tastiest, most flavorful desserts come from highly seasonal produce," says Lindsey Roehl, a personal health chef in New York City. Farmers' markets are overflowing with fresh fruit this month, and Roehl's recipes put them front and center.

BY DANIELLE McNALLY

REAL LIFE

“I LIVED
THROUGH
CANCER...



PHOTOGRAPHED
BY
ELIZABETH
GRIFFIN

The other week, my boy-

friend, Tim, and I were running (very slowly) when my foot caught on a notch in the pavement. I face-planted. Then I burst into tears and declared, between sobs, "I cannot do this." I'd tried so hard to be normal, but my body wouldn't let me. Instead of rising to the occasion, it kept screwing up—even something so deceptively simple as staying upright. Three weeks after my last chemo treatment, I'd finally cracked.

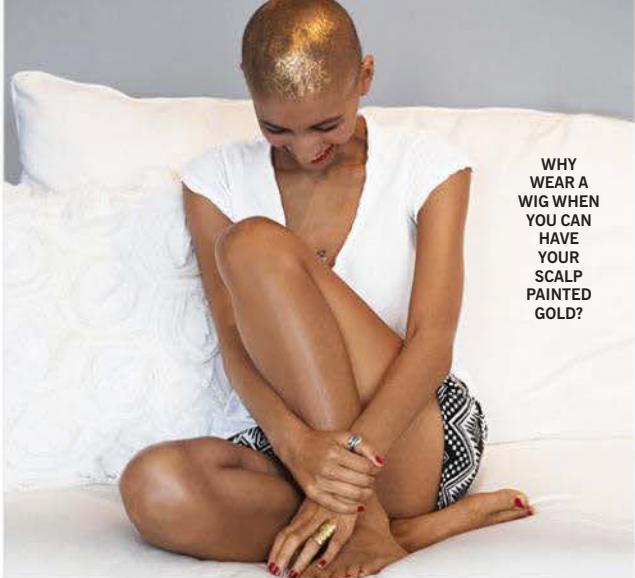
You'd think I'd be happy. I've gotten off easy—again. Two years ago, I had surgery to remove a rare form of liver cancer. Late last year, it came back. I had four rounds of chemo, then surgery, then two more rounds of chemo, and after that, the most underwhelming appointment ever. "The scans look good," my doctor told me. "See you in three months." I felt relieved but also confused. His easy good-bye was anticlimactic after all the needles, MRIs, consults, and follow-ups. This is it? I'm still alive, and no one at the hospital thought to order me an ice-cream cake? (Although if I'd received a cake, I'd probably have destroyed it with a spatula while yelling, "You think this makes up for cancer?!"

My friends want to celebrate, and it's easier to go along than admit I'd rather sulk on my couch alone. I

DURING TREATMENT FOR A RARE LIVER CANCER, COSMO BEAUTY EDITOR DEANNA PAI JUST WANTED LIFE TO GO BACK TO NORMAL. NOW THAT SHE'S HEALTHY, SHE'S NOT EVEN SURE WHAT THAT MEANS.

...AND IT STILL SUCKS

thought I'd be eager to guzzle gin and tonics in a crowd of other 20somethings, but the normalcy I longed for during chemo doesn't exist. Instead of getting back to



where I was, I'm somewhere entirely different.

Being alive is a luxury, and I'm grateful that I'm not halfway to hospice. So bitching feels like a faux pas. I should live every day like it's my last, shrieking "Carpe diem!" and dancing like no one is watching. But it's hard to be enthusiastic when the long-term side effects of chemo are only just emerging in full force. Yes! You survived cancer! Here is your prize: feet you can't feel (a result of nerve damage) and permanent partial hearing loss! It's like being the first to reach the finish line, but after you burst through the "congrats" banner, there's a fire-breathing dragon waiting to barbecue you.

I've crawled all the way up

Cancer Mountain just to find myself staring down the edge of a cliff. What to do now with this third shot at life? Should I deny that it happened and go back to my pre-cancer routine of breakfast-work-canceling plans-dinner-Netflix-sleep? Quit my job to travel and make an attempt at a more meaningful life? What if I do something new and exciting only to find myself in Japan, streaming *Friends* from my bed? I have a pressing sense of urgency to go, to go now, to do something before a fresh batch of cells stages another coup. But I'm paralyzed by the fear of making a rash decision...plus the

pressure to make this count plus survivor's guilt plus the memory of the absolute shit show that has been the past six months. I am still sad and angry, and like cancer, there's no easy cure for that.

Life goes on. I get out of bed. I wrangle my numb feet into sandals. I go to work. I rush to get home in time for *Jeopardy*. On Saturday mornings, I wake up Tim early so we can meet my Cancer to 5K running group in Central Park. It's the closest I get to going to a support group. Instead of sitting around talking about our feelings, we run. I was the lone bald girl at the first practice. When I arrive a few weeks later with a fresh dusting of follicles, a few other survivors surround me and marvel at it.

"Did all of you lose your hair too?" I ask. They nod.

"It looks cute now," says Meta, a woman with a slight accent and a gray pixie. I think she had breast cancer, but she doesn't mention it and I don't ask. "But wait until it grows in curly." Others chime in: "Mine came in like a Brillo pad." "This is after four years of growing it." We grumble as we drop our bags and begin our pre-run stretches.

Plastered in pollen and surrounded by people with various strains and stages of cancer, I feel less lost. It's a step forward. We just run—and try to figure out what we're doing along the way. ■



DEANNA DISCUSSED THE CRAPPINESS OF CANCER IN THE APRIL 2015 ISSUE.



Ask
Dr.
Ashton

My man never goes to the doctor. I know that's bad for him, but is it bad for me?

It could be. Even if one partner is screened for STIs, it doesn't guarantee that the other person doesn't have anything. Let your guy know that protecting his health and yours is as simple as going to his primary-care physician and getting a blood test for hepatitis, syphilis, herpes, and HIV and a urine test for chlamydia and gonorrhea—nothing painful!

THE PROS Pets lower blood pressure and calm nerves, helping you drift off. "Humans feel vulnerable when asleep. An animal can provide a sense of security," says Natalie Dautovich, PhD, of the National Sleep Foundation. Bonus for single girls: Cuddling a furry friend releases oxytocin, just like cuddling a partner does.

THE CONS "When couples let a pet sleep between them, there's a physical barrier to sex," says sex therapist Kat Van Kirk, PhD. "Worse, some partners give the dog all their affection." If you're doing it (or you sleep pantyless), your vulva is exposed to dander, dirt, hair, even fleas and ticks. Plus, pets can carry pollen, mold, and dust mites. *Ew.*

YOU DECIDE Set on letting Fluffy curl up on the duvet? Get allergy shots if you need them, bathe him weekly, and minimize dust-trapping fabrics. Kicking Kitty out? Her separation anxiety (meowing! scratching!) may affect your sleep quality. Instead, try putting pillows or blankets that smell like you on the floor. —DANIELLE McNALLY

PANTY POWER

Consider your granny panties retired. Period undies get an upgrade with Thinx, lingerie that is leak- and stain-resistant, moisture-wicking, absorbent...and cute (from \$24, shethinx.com). Feel-good bonus: For each pair purchased, Thinx donates to a company making affordable, reusable pads for girls in Uganda. On average, girls there skip 1 in 10 school days—leading to many eventual dropouts—because they lack feminine-hygiene supplies. Thanks to Thinx, says cofounder and CEO Miki Agrawal, so far about 13,000 girls have been able to keep hitting the books.

—CHRISTINA JEDRA

Wanna Help?

Even a few dollars can aid girls in developing nations who miss class due to their period. Text "Rescue" to 25383 or visit Rescue.com/Cosmo to donate through the International Rescue Committee.

MESSAGE AND DATA RATES MAY APPLY.

I used to have an eating disorder, but I've gotten treatment. Can that still affect my fertility?

Both being severely underweight or severely overweight can cause irregular periods, and a weight below a certain threshold for your height may stop menstruation completely. But if you're a healthy size now and your period is back, don't worry—there's no permanent effect on your ability to get pregnant.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS



"ALL THE MAGAZINES I LOVE."

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IN THIS SKIN

I DISCOVERED that I was "different" in the third grade. As the new kid at school, I was trying hard to find my footing. I thought I had made friends with two girls, until they stopped talking to me. When I confronted them, they said their mothers had warned them to stay away because they might catch my skin condition.

Before that, I had never given much thought to the way I looked. Confused and embarrassed, I told my mother what the girls had said. Soon after, my mom went to the school and explained to my class that I had a condition called vitiligo, which occurs when the cells that produce melanin die or stop functioning. The disease had left me with a loss of skin color in patches across my body—my arms, legs, face. It's not contagious. There is no cure.

I wasn't born with vitiligo. It began developing rapidly when I was 4 years old. I don't remember my skin changing, but I do recall feeling deeply loved by my family. Growing up in the greater Toronto area, I was a happy kid. I loved to hang around my mother's beauty salon. I visited my dad in Jamaica and Atlanta. I had lots of friends.

In the third grade, I moved to a new school, and things changed. Kids called me a cow and would moo at me. In middle school, the bullying got physical. One night after a ball game, out in the cold, a girl shoved me. I didn't want to fight. My skin is sensitive in extreme temperatures, so to get out of the situation, I let her beat me up. The next day, she came at me again and I defended myself. I didn't have to fight her again, but similar incidents followed.

High school brought more harassment, and I started skipping class. Eventually, the vice principal recommended an alternative school. It's crazy that I got ousted when I was the one getting abused. I went to the alternative school and got a job at a call center. I loved making my own money, feeling independent. But I couldn't juggle the job and school. And so, as a typical 16-year-old, I chose the job.

Around this time, I turned a corner. A journalist named Shannon Boodram saw my Facebook page and told me I was beautiful. She shot a YouTube video of me, and it grabbed thousands of views. She said I should be a model. I had never thought about modeling—it hadn't seemed possible. I had imagined working in entertainment or



"I WASN'T BORN WITH VITILIGO. IT DEVELOPED WHEN I WAS 4 YEARS OLD."

**AS A KID,
CHANTELLE
WINNIE
WAS
TORMENTED
FOR NOT
LOOKING
LIKE
EVERYONE
ELSE. NOW,
THE
21-YEAR-OLD
TOP MODEL
WELCOMES
YOUR
STARES...AND
GETS THE
LAST LAUGH.**

AS TOLD TO
ABIGAIL PESTA

"KIDS CALLED
ME A COW
AND WOULD
MOO AT ME."



journalism, but as a high school drop-out, I was just living day by day.

It's amazing what a little encouragement can do. I realized I could use my unique look as an asset. I talked to an agent, but she dismissed my modeling dream, suggesting I become a makeup artist instead. It was an indirect hit aimed at my skin. It stung, but I was used to that attitude.

I didn't give up. I posted pictures of myself on Instagram and sent them to agents. The response was always the same: no. I went to an *America's Next Top Model: All Stars* fashion show in Toronto, gathering the courage to say hello to the contestants. They said, "Oh. My. God. You're fucking gorgeous." One of them held my face in her hands and said, "You are like a butterfly."

I decided to try out for the runway shows at Toronto's annual fashion week. Urged on by a friend (hey, Cleo!), I bought a pair of heels I couldn't afford, putting tape on the soles so I could return them. I made the cut, walked in eight shows, and got noticed. A casting director from *America's Next Top Model* contacted me through Facebook—a fan page set up by my 9-year-old sister, Chrystina. He told me Tyra Banks had spotted me.

I dropped everything and flew to Los Angeles to try out for the show—and made it. Afterward, I heard from photographers including Nick Knight, who had shot celebrities like Lady Gaga and Kate Moss. I did a shoot with him and then starred in a fashion ad campaign he shot for Diesel. I also landed an ad campaign for Desigual. This past spring, I walked the runway at shows in Madrid and New York.

Recently, I returned to the middle school where I once cried in the hallways. I talked to the students about having confidence and lifting one another up. I remember being in their position. The kids who once bullied me were just like me, trying to fit in.

People sometimes ask when I learned to love myself. But I didn't have a problem with myself or my skin. I had a problem with the way people treated me because of my skin. They tried to define me. I had to relearn how to love myself by forgetting the opinions of everyone else and focusing on my own opinion of myself. Today, my motto is: You only have one life. Live it for yourself, not for anyone else. Do what the fuck you want! ■



CHANTELLE
WINNIE
IN JANUARY
2015.

Feel Badass on the Beach

The number one thing you need to rock a teeny-weeny bikini: confidence. Get yours here.

"These moves improve posture, so you'll look more confident," says Cassey Ho, who created POP Pilates (Lolo Jones and Vanessa Hudgens are fans) and this plan. Do all the moves in order three times. Then hit the surf! **BY DANIELLE McNALLY**



1 FIRM UP YOUR ABS

Lie faceup, legs extended, arms overhead, squeezing a beach ball between hands, with shoulders and legs a few inches off ground. Raise arms and legs up and toward each other, passing ball from hands to legs **[A]**. Lower **[B]**. Reverse motion, passing ball from legs to hands to complete one rep. Do 10.



CHOOSE A PROP Ho is using a beach ball as a Pilates ring in this workout, but if you don't have either, you can sub in a pillow.



COSMO BODY

FIND MORE BIKINI-FABULOUS WORKOUTS ON OUR FITNESS CHANNEL, COSMOBODY. VISIT COSMOBODY.COM AND USE THE CODE SUMMERDAZE FOR 25 PERCENT OFF YOUR FIRST THREE MONTHS.

WORKOUT

2 SCULPT YOUR SIDES

Kneel on right leg with left leg extended to side, arms overhead, squeezing a beach ball between hands. Lean torso to the right. Then return to start. Do 10 reps, then switch sides to complete set.

CHECK YOUR FORM

To get the most out of this move, don't twist your shoulders or hips. "Think of your body like a windshield wiper: up, down, up, down," says Ho.



TANK, Out Incorporated, \$90, outincorporated.com. BIKINI (BOTTOM NOT SHOWN), Triangl, \$89, triangl.com. SHORTS, O'Neill, \$34, us.oneill.com. WATCH, Swatch, \$70, Swatch stores. SUNGLASSES, Raen, \$200, raen.com

3 TONED FROM HEAD TO TOE

Get in side-plank position, with right hand under right shoulder and left arm extended toward sky, and hold a beach ball between ankles. Squeeze legs together, pulsing for 20 reps. Switch sides to complete set.

GET EXTRA CREDIT

Side planks are always great for your abs and arms, but thanks to the beach ball, this move hits the inner thighs too.

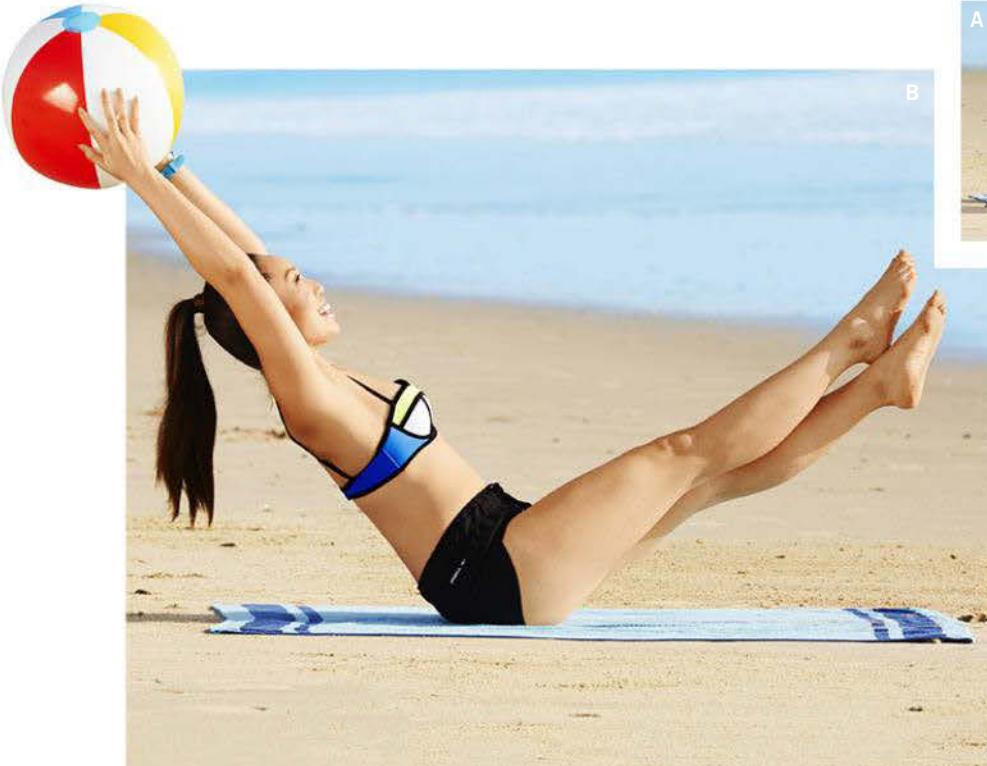
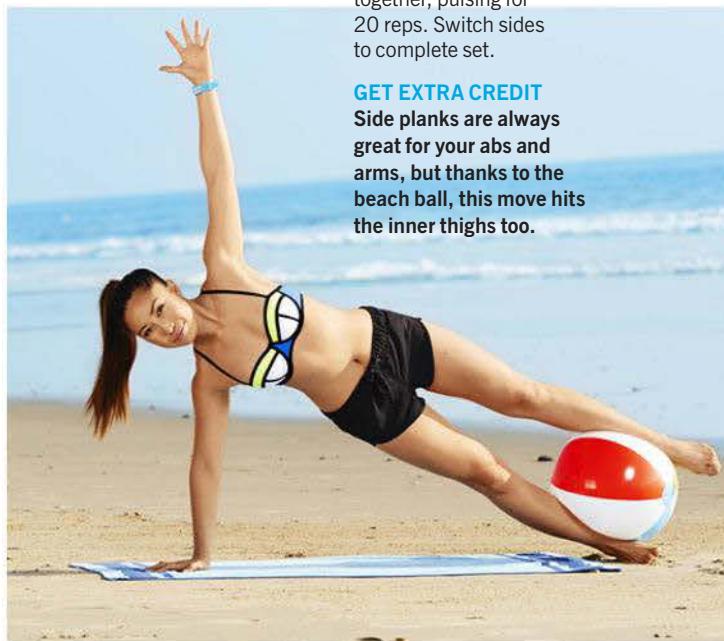


4 LENGTHEN YOUR LEGS

Lie faceup with hands behind head, knees bent, and legs turned out slightly, and squeeze a beach ball between feet, heels in, toes out. Curl up shoulders and lift legs so that shins are slightly higher than parallel to the ground [A]. Extend legs [B]. Then return to start. Do 15 reps.

ADD A SOUNDTRACK

Ho sets her moves to pop music. "It's like a dance on the mat. Some playlist faves are 'Style,' by Taylor Swift; 'Firestone,' by Kygo; and 'Stitches,' by Shawn Mendes."



5 WORK YOUR WAIST

Sit on ground with legs in tabletop position, feet crossed, and squeeze a beach ball between hands in front of you. With legs still, twist upper body to the right [A]. Twist back to center, extending arms and legs to form a V [B]. Do 8 reps, then switch sides to complete set.

MAKE IT EASIER Ho makes it look simple, but boat pose (the basis of this exercise) is hard. If you're having trouble stabilizing as you twist, keep feet on the ground instead.

COSMO WANTS YOU!

Are you totally loving your digital edition of Cosmo? Is there anything you don't like or want to see more of? Now's your chance to tell us how you feel. Take the survey—it's quick and easy, we promise!

COSMOPOLITAN.COM/TAKETHISSURVEY





BELLA THORNE
for

Miss Me
#LetYourselfShine



SWIMSUIT, *Karla*
Colletto. SUNGLASSES,
Oxydo. EARRINGS,
SQUARE CUFF, *Jenny*
Sweetnam. BRACELET,
Forever 21

PHOTOGRAPHED BY DOUG INGLISH. FASHION EDITOR: JAMES WORTHINGTON DEMOLET. HAIR: CHARLES MCNAIR FOR L'ORÉAL. PROFESSIONAL MAKEUP: LOTTE STANWARD AT THE WALL GROUP FOR LANCOME. MANICURE: KIMMIE KEEES FOR ONLY INT'L. MODEL: ALYSSA MILLER AT IMG. PRODUCTION: FIRST SHOT PRODUCTIONS. SEE PAGE 210 FOR SHOPPING INFORMATION.

WHAT'S SEXY FOR AUGUST

GO BOLDLY INTO THE BLAZING DAYS OF SUMMER. WHEN IT'S 90 DEGREES AND STEAMY IN THE SHADE, SLIP INTO A SUIT THAT NEEDS NO COVER-UP WHATSOEVER.

WET HOT AMER



NAIL THE LOOK

Rock the water-droplet mani. Just drip glossy, black polish over matte-black nails.

SWIMSUIT, Moeva.

SUNGASSES, Warehouse.

EARRINGS, Psyche Jewelry.

RINGS (on left hand), Robert Lee Morris; (on right hand) Alexis Bittar

I CAN SUMMER

THE TITLE OF SUMMER'S STAR-STUDDED
NETFLIX SERIES (OUT NOW) ALSO SUMS UP OUR
LATEST BEAUTY OBSESSION: SLICK STRANDS, LACQUERED
LIPS, AND GLISTENING SKIN. TIME TO TAKE A DIVE!

BY LONI VENTI // PHOTOGRAPHED BY DOUG INGLISH
FASHION EDITOR: JAMES WORTHINGTON DEMOLET



SWIMSUIT, *Karla Colletto*.
SUNGASSES,
Oxydo.
EARRINGS, *Jenny Sweetnam*

JUICY LIPS

This sultry, lacquered look attracts the sun, so start with a layer of SPF (try Banana Boat Aloe Vera With Vitamin E Lip Balm SPF 45, \$3). Follow with a generous coat of clear gloss (one of our faves: Dior Addict Gloss in Etoilée, \$29.50).

SKIN THAT GLEAMS

Matte bronzer for summer?

Old news. This year, it's all about a dewy, goddesslike glow. Smooth on an illuminating BB cream (Urban Decay's Naked Skin Bronzing Beauty Balm SPF 20, \$34, doubles as sunscreen), then apply a liquid bronzer (try Giorgio Armani Maestro Liquid Summer SPF 15, \$64) as you would with blush, blending up cheeks toward temples.



SWIMSUIT,
OYE Swimwear.
EARRINGS, Jenny
Sweetnam

WATER BABY

Spending all day in the deep end? The latest body moisturizers (like Jergens Wet Skin Moisturizer, \$7) and sunscreens (such as Neutrogena Wet Skin Sunscreen Spray Broad Spectrum SPF 85+, \$11.49) are meant to be applied on damp skin, so you can treat your skin without toweling off.



SWIMSUIT, Norma Kamali. **RINGS** (on left hand, middle finger), Jennifer Fisher; (ring finger) Janis by Janis Savitt; (on right hand) Lara Bohinc. **BRACELET**, Lara Bohinc



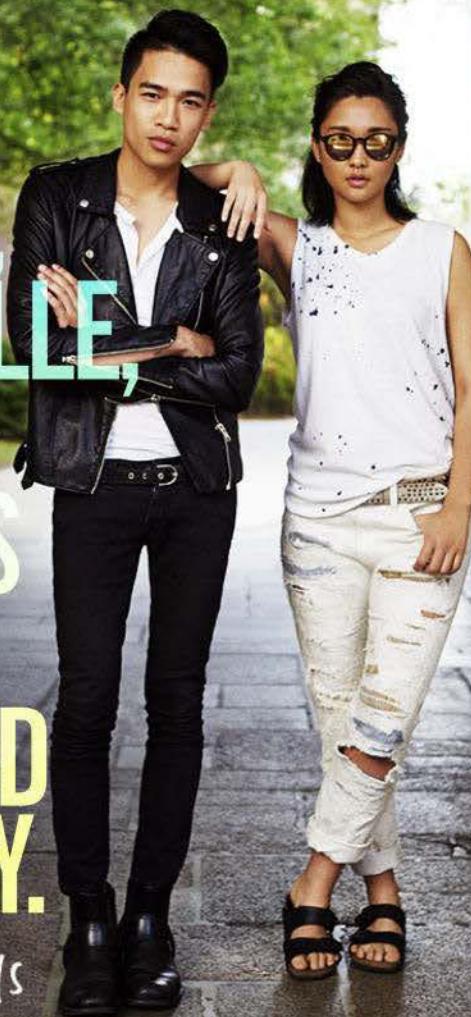
SWIMSUIT,
Hilfiger
Collection.
CUFF, *Alexis*
Bittar

SOAKED AND SEXY

All hair looks sexy when wet—air-drying, however, can get tricky. To nix frizz, toss a detangling brush and leave-in treatment in your beach bag, then comb and spritz after a swim. Perfect pair: The Wet Brush (\$9), which notoriously glides through damp hair, and Living Proof No Frizz Leave-In Conditioner (\$24).

HAIR: CHARLES MCNAIR FOR L'ORÉAL PROFESSIONAL.
MAKEUP: LOTTIE STANNARD AT THE WALL GROUP FOR LANCÔME. MANICURE: KIMMIE KYEES FOR ORLY INT'L. MODEL: ALYSSA MILLER AT IMG. PRODUCTION: FIRST SHOT PRODUCTIONS. SEE PAGE 210 FOR SHOPPING INFORMATION.

BEFORE
SCHOOL'S
BACK IN SESH,
MAKE LIKE
THE OFF-DUTY
STUDENTS
AT THE
UNIVERSITY
OF FLORIDA,
IN GAINESVILLE,
AND TREAT
THE QUAD AS
BOTH YOUR
PLAYGROUND
AND RUNWAY.



#quadgoals

OPPOSITE PAGE:
TANK, Simon Miller.
JEANS, Denim &
Supply Ralph
Lauren. SHOES,
Birkenstock. BELT,
Carrera.

THIS PAGE:
TOP, DKNY. JEANS,
Express. BANDANA,
Mossimo Supply Co.

OPPOSITE PAGE

Kevin Huynh

AGE : HOMETOWN
23 : GAINESVILLE, FL

MAJOR
PUBLIC RELATIONS

FAVORITE WAY TO DE-STRESS:
Long walks with my pitbull mix, Nala.

Movae Kang

AGE : HOMETOWN
20 : GUMI, SOUTH KOREA

MAJOR
**PSYCHOLOGY,
SUSTAINABILITY**

BEST THING ABOUT U OF F:
The green scene! There are tons of
restaurants that are local and organic.

THIS PAGE

Anna Martin

AGE : HOMETOWN
18 : O'FALLON, IL

MAJOR
**PSYCHOLOGY,
PRE-MED**

I'LL NEVER FORGET: Starting a
mentoring program to connect U of F
students with underprivileged youth.





FROM LEFT

Daniel Day

AGE : HOMETOWN
20 : ST. THOMAS, USVI

MAJOR

**EMERGENCY
MANAGEMENT**

BEST THING ABOUT U OF F:
Being a member of Gator Nation!

Autumn Toney

AGE : HOMETOWN
20 : LAKE MARY, FL

MAJOR

MATHEMATICS

DREAM JOB: Working for the FBI
as a cryptanalyst.

Walker Barnes

AGE : HOMETOWN
21 : TAMPA, FL

MAJOR

CRIMINOLOGY

BEST SUMMER TREAT: Frozen
yogurt. It's incredible.

Krystal Dixon

AGE : HOMETOWN
20 : PORTMORE, JAMAICA

MAJOR

**INTERNATIONAL
STUDIES**

FRESHMAN ADVICE: Talk to
random people; walk a different route!



SERVE UP
SERIOUS SUN
PROTECTION
THAT'S NEVER
STICKY WITH
CHANEL UV
ESSENTIEL SPF
30, \$55.

DORA RAKEM

AGE : HOMETOWN
18 : PARIS, FRANCE

MAJOR

FINANCE

CELEB CRUSH: Bella Hadid.
She has a cool, edgy style and
doesn't take herself too seriously.

OPPOSITE PAGE (FROM LEFT): SWIMSUIT, Kovey. SHORTS,
Candie's. SHOES, Vans. SUNGLASSES, Marc by Marc Jacobs. TOP,
Obey Clothing. JEANS, 7 For All Mankind. EARRINGS, Ann
Taylor. HEAD SCARF, CHOKER, Krystal's own. BRACELETS (from
top), Sequin; Ann Taylor; Calvin Klein.
THIS PAGE: TOP, Guess. SKIRT, Lacoste. SHOES, Nike. WATCH,
TomTom Multi-Sport Cardio GPS. EARRINGS, Honora

THIS PAGE:

JACKET, Juicy Couture.

TOP, Billabong. PANTS,

Calvin Klein Jeans.

SHOES, Atelje 71

OPPOSITE PAGE:

(FROM LEFT) TOP,

Equipment. JEANS,

Parker Smith. TOP,

Bebe. JEANS, Levi's. BELT,

Maison Boinet. TOP,

Madewell. JEANS,

Hudson Jeans



CREAMY, KISSABLE
LIP COLOR IS A DAY-
DATE ESSENTIAL.
YOUR NEW MUST-
HAVE: DIOR ADDICT
FLUID STICK IN CHIC,
\$35, OUT THIS MONTH.

OPPOSITE PAGE

Kyle Smith

AGE : HOMETOWN
21 : ORLANDO, FL

MAJOR
ECONOMICS

WHAT I'VE LEARNED ABOUT
RELATIONSHIPS: Don't make them
more important than friends and family.

Tiffany Cheatham

AGE : HOMETOWN
21 : EUSTIS, FL

MAJOR
PSYCHOLOGY

STYLE ICONS: Lauren Conrad, Taylor
Swift, and, a classic, Audrey Hepburn.

THIS PAGE

Katie Alter

AGE : HOMETOWN
20 : CORAL SPRINGS, FL

MAJOR
PUBLIC RELATIONS

CELEB CRUSH: Let's just say I took a
cardboard cutout of Harry Styles to prom.

Brooke Burkett

AGE : HOMETOWN
20 : DUNEDIN, FL

MAJOR
**TELECOMMUNI-
CATIONS**

I'LL NEVER FORGET: Spring break,
freshman year—I made lifelong friends.

Michelle McNally

AGE : HOMETOWN
20 : ST. PETERSBURG, FL

MAJOR
JOURNALISM

COLLEGE SURVIVAL KIT:
Friends on DVD, a Metro Retro scooter, a
camera, iced coffee, Excedrin, turkey
burgers, and cinnamon sticks.



HAIR: REBECCA PLYMATE FOR ORIBE AT ART
DEPT. MAKEUP: SARA GLICK USING DIORSKIN
NUDE. PRODUCTION: SELECT SERVICES. SEE
PAGE 210 FOR SHOPPING INFORMATION.

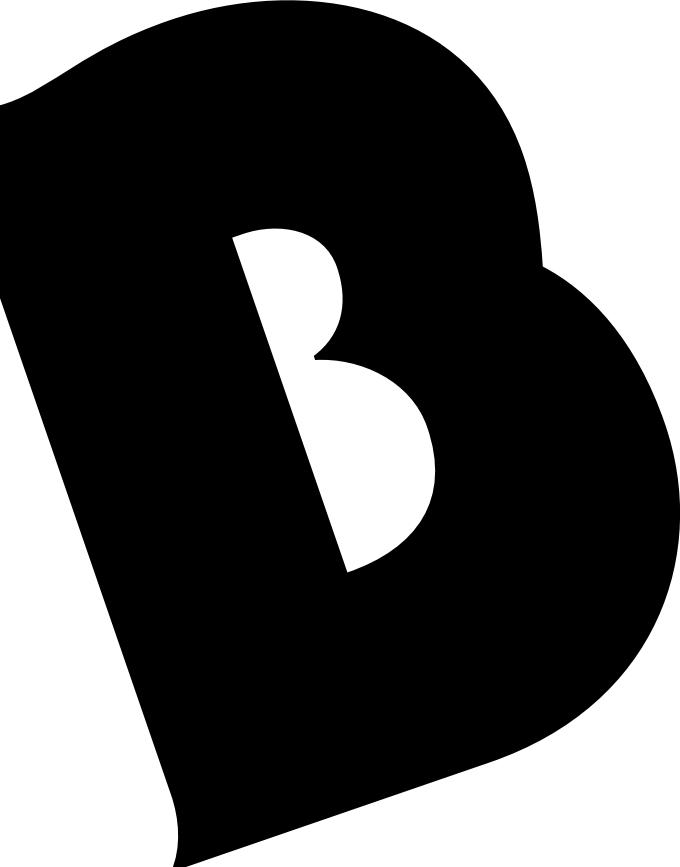


BY KATIE L. CONNOR
PHOTOGRAPHED BY MICHAEL THOMPSON
FASHION DIRECTOR: AYA KANAI

JACKET, PANTS, Max Mara. BODYSUIT, Donna Karan New York. SHOES, SJP. EARRINGS, Eva Fehren. NECKLACE, RING, Aurélie Bidermann. BRACELET, Vale

forever

FOR HER FIRST U.S. COSMO COVER (WE KNOW, RIGHT?!), SARAH JESSICA PARKER TALKS FASHION, FEMINISM, AND THE CARRIE BRADSHAW COMPLEX.



Between her "Ergh"s, "Holy cow!"s, and "What the heck?"s, it's hard to believe that the woman nestled into the corner booth of the West Village NYC outpost of Sant Ambroeus is the same person who helped usher in a new era of uncensored ladies (see *Girls* and *Broad City*) tackling ballsy topics (not to mention balls). In fact, Sarah Jessica Parker is so G-rated, you damn near forget she starred on the biggest show about sex *ever*. But the distinction between SJP and her character Carrie Bradshaw is an important one, even if *Sex and the City* diehards are wont to forget it. Such was the case earlier this week when the blogosphere mistook an Instagram from SJP as confirmation of a *SATC* three-quel. The pic of the actress exiting Bloomingdale's captioned, "I guess the cat's out of the (little brown) bag....Keep you posted on every detail as we

are able..." was actually intimating the arrival of SJP, her shoe line, to the retailer's shelves. It's a major milestone for the newbie designer, who launched the collection with Manolo Blahnik CEO George Malkemus last year. But more than that, it's a reminder that she is not *her*. "There is no Sarah Jessica Parker in Carrie Bradshaw's world," the mother of three says, going all meta, "I don't exist." No doubt her upcoming HBO series, *Divorce*, will further the divide between SJP and CB. In it, she plays Frances, a woman on the verge of a marriage breakdown, who "wears the same purse the whole show. Every single thing is from Etsy," she says. In other words, Frances is so *not* a Carrie. Still, she is down with her new character's fashion game. "I've been on Etsy for years!" she exclaims. "It's the best." That's right: Sarah Jessica Parker—the style icon

whose over-the-top Chinese-inspired ensemble at the Met Gala launched endless memes—shops on the crafty behemoth that sells everything from pizza earrings to crochet vaginas. Onward, for more SJP shockers.

ABOUT SATC 3 AND THAT INSTAGRAM POST...

SARAH JESSICA PARKER: "Oh my god. When I posted that picture and people were in a rage at me, I was shocked. They were convinced I had been taunting them. I'm not that clever! And to what end would I relish dangling this idea and then saying there's no movie? I'm still finding people and being like, 'No @BoobityBopBeep! Why would I hurt you?' I've never been a mean girl."

YOU'VE ALWAYS BEEN A SHOE LOVER. WHAT'S BEEN THE HARDEST PART ABOUT BEING ON THE DESIGN SIDE?

SJP: "When we started, I wanted to treat color as a neutral, and people really don't want to do it. They say, 'We love the shoe...in black and brown.' But why would a purple shoe make your brain work less well than a black pump? It's not your shoe telling your story to your boss or coworker, it is your brain. If a purple pump isn't appropriate for the office, what you could say then is, 'My brain isn't appropriate for the office. It's my brain that you hired, that likes the purple pump. I'm still communicating and doing a good job—maybe even a better job than the woman in the black pump!'"

PEOPLE THINK WORK REQUIRES A SENSIBLE HEEL IN A SAFE COLOR.

SJP: "A lot of it is these ideas about what is appropriate. Women still involuntarily follow rules—rules they think exist or they project and want to break. Look at women in

politics—the way they dress screams, 'I have no sex!' Women journalists on the campaign trail have to dress the least sexual they can be. I don't think it's fair because it doesn't have anything to do with why we want them on our news every night or want to elect them. I want to know, who are you? If you love wearing a court heel all day long, that is thrilling. What's powerful is what makes you feel your best when you walk out the door."

WHATEVER MAKES YOU FEEL LIKE YOU'RE IN COMMAND.

SJP: "Exactly. For some, it's a Birkenstock. And yet we're *still* talking about Hillary Clinton—is she warm enough? Do we know her? Like, *what*? I'm not even saying whether I'm supporting her or not, I'm just like, This woman has been serving in public office for *years*, and people are still asking, is she warm enough? What's her hair? Of course if she were *too* warm, they'd say she doesn't have the constitution to make the hard choices. And I'm not a feminist by the way....Uh-oh."

WHY DO YOU SAY THAT?

SJP: "As [playwright] Wendy Wasserstein would say, I'm a humanist. I'm enormously appreciative of the work that my mother's generation did. We are the beneficiaries of a





COSMO EDITOR SERGIO KLETNOY ROCKS
PHILIP TREACY'S ONE-OF-A-KIND
HEADPIECE AND OBSESSES OVER SJP'S
SHOES. FOR THE CHANCE TO WIN A PAIR
OF YOUR OWN, SEE PAGE 211.

**WHEN GETTING DRESSED, DO
YOU TRY TO PREDICT WHAT
THE REACTION WILL BE?**

SJP: "That would drive me insane. But anytime I do anything with Philip [Treacy, the designer of the headpiece], he gives me a pep talk. He's like, 'Listen to me, darling. You want your children to think you're a freak. In 20 years, they will know different.' He's an extraordinary artist. What he does isn't silly. It takes *months*. He wrote me recently and said, 'You can't please three people, let alone three billion.'"

**YOU'RE PRETTY POLITICAL.
WHAT ARE THE MOST
PRESSING ISSUES FOR YOU?**

SJP: "Equality in pay. Paid sick leave. The thing that would change people's lives maybe more than anything, assuming that we maintain access to health care, is child care. If I could guarantee every mother who is working two, three jobs that she had good child care that didn't make her anxious all day—people would probably work in more efficient ways. How many times do you hear a wealthy person get asked, 'How do you do it all?' If I'm asked that question one more time...I'm like, are you kidding me? Ask someone who looks like she's about to drop, 'How are *you* doing? How are *you* managing?'"

**ANY ADVICE ON SURVIVING
YOUR 20'S?**

SJP: "Have heartbreak after heartbreak. I think there's a part of us that loves it. It's why we love a romantic movie that is painful. I think women know they'll survive." ■

lot of disappointment, heartache, discouragement, and misunderstanding. But I see a lot of people trying to sort out their roles. People of color, gays, lesbians, and transgenders who are carving out this space. I'm not spitting in the face or being lazy about what still needs to be done—but I don't think it's just women anymore. We would be so enormously powerful if it were a humanist movement."

**HOW DID PLAYING CARRIE
AFFECT YOUR SEX LIFE?**

SJP: "I am ass-backward on this topic, so to speak. It's not one I ever talk about. You can take pictures of me day and night, photograph my children, say what you want about my marriage. I can't stop you. But you can't know anything about my sexual being. It's the last thing that I am certain is mine. By the same token, I *love* that women feel comfortable talking about it,

asking questions, laughing—all of it. And I recognize that part of that was because four women sat around a table and did that."

**DID YOU SEE ANY OF YOUR
MET GALA LOOK'S MEMES?**

SJP: "The one thing that I saw, which was so amazing—my son showed it to me—was my headpiece cooking Rihanna like an egg. Can I tell you something though? I never saw the headpiece as flames. I never saw it!"



HAMILTON

Not since *Rent* has a Broadway musical so unexpectedly rocked audiences to their core. *Hamilton*, a hip-hopera based on—wait for it—the life of founding father Alexander Hamilton, is the theater world's latest must-see show.

The likes of SJP, Michelle Obama, and Jimmy Fallon have already seen it, loved it, and tweeted the hell out of it. Now, the cast invites you to join the revolution.

BY SERGIO KLETNOY
AND RACHEL MOSELY

TICKET

INTOWN

HAMILTON STARS
LIN-MANUEL
MIRANDA AND
LESLIE ODOM JR.





For a founding father, Alexander Hamilton

was a bit of a badass: Dude is born into poverty, becomes fabled revolutionary, dies by duel. Lin-Manuel Miranda, Tony-winning writer and star of Broadway smash *In the Heights*, thought so too. So he did what anyone—wait, make that *no one*—would think to do: bring the story to the stage via a hip-hop/R&B musical that has Hamilton (Miranda) spitting verses like “We are meant to be a colony that runs independently / Meanwhile, Britain keeps on shitting on us endlessly” and rap battling Thomas Jefferson. Cue the rave reviews and sold-out crowds. Fast-forward six months: The show has moved from NYC’s Public Theater to Broadway’s big leagues. Here, *Hamilton*’s cast members hit the streets and share their own stories.



(From left)

CHRISTOPHER JACKSON

PLAYS: George Washington

★★★

HOMETOWN: Cairo, IL

YOU MIGHT KNOW HIM FROM: Broadway's *Holler If Ya Hear Me*

DREAM ROLE: "It's always the one I'm playing. It's hard for me to look at shows out there and see myself in them. I'm an R&B singer—I'm not going to get cast in *Les Miz*. What's great about this show is it's an amalgamation of all these awesome and important genres of music in a voice that I like to perform with."

GO-TO KARAOKE SONG: "Probably 'Livin' On a Prayer.' Jon Bon Jovi actually came to the show with his wife, so getting to meet him was pretty dope."

JASMINE CEPHAS JONES

PLAYS: Peggy Schuyler/
Maria Reynolds

★★★

HOMETOWN: Brooklyn, NY

YOU MIGHT KNOW HER FROM: 2013 indie *Titus*

FIRST ROLE: "My first professional role was a Noah Baumbach film called *Mistress America*—it's actually premiering this summer, around the same time *Hamilton* opens [on Broadway]."

TYPICAL DAY OFF: "I'm in bed for half the day. I'm not even gonna lie. I'm sleeping, and if I'm not sleeping, I'm trying to finally finish *Breaking Bad*."

RENÉE ELISE GOLDSBERRY

PLAYS: Angelica Schuyler

★★★

HOMETOWN: San Jose, CA

YOU MIGHT KNOW HER FROM: *The Good Wife*

IF I WEREN'T AN ACTOR, I'D BE...

"I used to think that I'd be a lawyer, but I'm married to a lawyer. The Lord knew what he was doing when he just let me play one on TV."

POST-SHOW RITUAL: "We're all still singing and jamming to the songs all the way downstairs to the dressing rooms. No matter how tired we are when we start the show, there's such a high after it's over."

PHILLIPA SOO

PLAYS: Eliza Hamilton

★★★

HOMETOWN: Libertyville, IL

YOU MIGHT KNOW HER FROM:

NBC's *Smash*

POST-SHOW RITUAL: "I go home and I'm usually starving, so I have to try not to eat a whole bag of chips...because I really could. But popcorn is my jam. I really season it up and make it fancy."

TYPICAL DAY OFF: "Lately, I've been watching *Game of Thrones*. I just started it, and I was like, How did I not get on this train? Oh, right—it's because I never have time off."

LIN-MANUEL MIRANDA

PLAYS: Alexander Hamilton

★★★

HOMETOWN: New York, NY

YOU MIGHT KNOW HIM FROM: Broadway's *In the Heights*

ON HOW THIS CRAZY IDEA CAME TO HIM: "I wasn't a history buff—not even a little—but I was always an English nerd. I picked up Ron Chernow's biography of Hamilton randomly at Borders. I knew he died in a duel, so it'd have a cool ending. And I just fell in love with his story."

CONFESION: "Hillary Clinton came to see *In the Heights* in 2009. I used to walk around in my underwear backstage between shows, and I come out of my dressing room and there's Hillary with three Secret Service guys because she needed to use the bathroom. She said, 'Show's great!' and I ran inside to put some clothes on."

LESLIE ODOM JR.

PLAYS: Aaron Burr

★★★

HOMETOWN: Philadelphia, PA

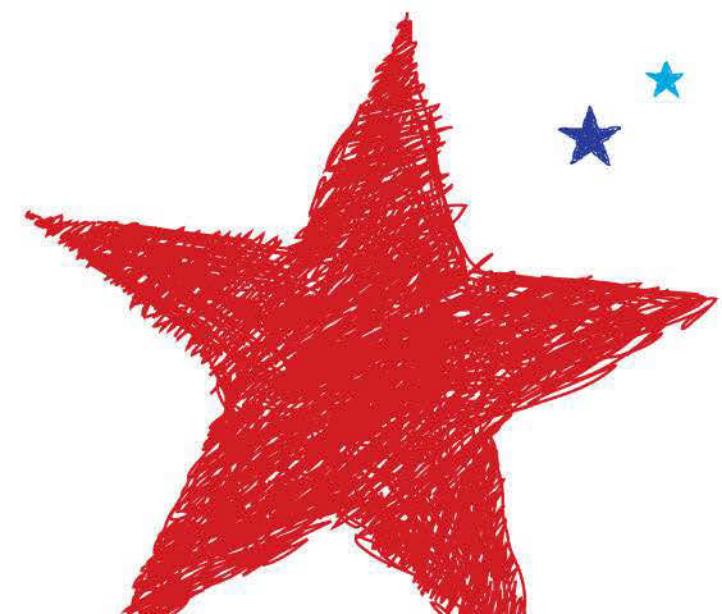
YOU MIGHT KNOW HIM FROM:

NBC's *Smash*

POST-SHOW RITUAL: "Lin and I made up a stupid song that we sing at the top of our lungs as we leave the stage. Then we have a shot of rum in the dressing room, and I'll grab a dollar slice on my way home."

IF I WEREN'T AN ACTOR, I'D BE...

"I wish I could say that I would be feeding the hungry or something. But I've always liked to throw parties, so I'd be a world-renowned DJ who gets flown all over the place for parties on yachts and in underground clubs."





(From left)

DAVEED DIGGS

PLAYS: Thomas Jefferson/Marquis de Lafayette

★★★

HOMETOWN: Oakland, CA

YOU MIGHT KNOW HIM FROM: His hip-hop album, *Small Things to a Giant*

IF I WEREN'T AN ACTOR, I'D BE...

"I canceled a summer's worth of touring as a rapper to do *Hamilton*. That's my other job—I just switched roles."

ON HIS BIGGEST FAN: "My mom sends me the reviews before I've seen them. She texted me congratulating me about the show going to Broadway while we were still waiting for the announcement. She found out before I did! I don't know how she does it."

OKIERIETE ONAODOWAN

PLAYS: Hercules Mulligan/James Madison

★★★

HOMETOWN: Newark, NJ

YOU MIGHT KNOW HIM FROM: Broadway's *Rocky*

FIRST ROLE: "In seventh grade, I played one of the bodyguards in *Bye Bye Birdie*. We didn't have any lines—we just stood there, and whenever someone would say something, we'd give them dirty looks. But I was just excited to have a leather jacket."

PERFECT DAY OFF: "As crazy as it sounds, sitting on my couch, playing Xbox, and eating ice cream... ideally with the windows closed."

ANTHONY RAMOS

PLAYS: John Laurens/Phillip Hamilton

★★★

HOMETOWN: Brooklyn, NY

YOU MIGHT KNOW HIM FROM: *This American Life's 21 Chump Street: The Musical*

POST-SHOW RITUAL: "Dude, I eat way too much McDonald's after shows. I mean, I've been getting better. Now I'll try to get a sandwich."

GO-TO KARAOKE SONG: "Journey's 'Don't Stop Believin'.' It's for when you're obliteratedly wasted and you're like, I'm just going to try the highest note I can possibly sing in my life."



JONATHAN GROFF

PLAYS: King George

★★★

HOMETOWN: Lancaster, PA YOU MIGHT KNOW HIM FROM: *Glee*, *Frozen* (voice of Kristoff)

FIRST ROLE: "I was Dorothy in *The Wizard of Oz* in my dad's barn. I was a drag Dorothy."

DREAM COSTAR: "I'd love to do a play with Cate Blanchett. I saw her in *A Streetcar Named Desire*, and it's my favorite performance ever."

CONFESION: "I was on a first date, maybe a year and a half ago. We ate dinner, then he came back to my apartment, and I don't smoke, but he smoked a cigarette. We were making out, and he's smoking. So I took a cigarette and also smoked it, and then five minutes later, I projectile vomited because I got so nauseous from smoking. That's probably the most embarrassing thing that's ever happened."

COSTUME DESIGNER: PAUL TAZEWELL ASSISTANT COSTUME DESIGNER: ANGIE KAHLER WARDROBE SUPERVISOR: JUDY McFARLAND HAIR, WIG, AND MAKEUP SUPERVISOR: BRITANY HARTMAN WARDROBE CREW AND DRESSERS: NINA JACOBS, CLARA REDWOOD, JULIA BOWERS, KATE ROBARDS, EMILY PONEY.





BRING OUT YOUR
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Quenching coconut Curls SHAMPOO

Drench your curls! This nourishing blend with **coconut oil**, **sweet honey** and a twist of **citrus oil** helps to enhance natural softness, boost decadent spirals, and tame frizz for beautiful tumbling waves with bounce and shine.

OGX
beauty pure and simple

385 ml e 13 fl.oz.





Long Live the Hand Job?!

I KNOW WHAT YOU'RE THINKING: OH, I LEFT THAT BUSINESS BACK IN HIGH SCHOOL. WELL, I DIDN'T— AND THERE'S A GOOD REASON YOU SHOULDN'T EITHER. LET ME EXPLAIN.

BY TRACY CLARK-FLORY

I know, I know.

HANDIES SEEM THE DOMAIN OF TEENAGE VIRGINITY PLEDGES AND RESENTFUL AGING HOUSEWIVES—

something akin to either “This doesn’t count” or “Honey, I have a headache.” Maybe you think of it as that thing you do when you forget to take your birth control and don’t feel like giving a BJ. Worse, perhaps you write it off as passé. I recently brought up hand jobs to a friend, and her response was “People still do that?”

Yes, they still do that! I still do it...and you know what? My marriage and my sex life are way better for it.

Believe me: I wasn’t always down with the HJ. In my early 20s, I was so scared of coming off as prudish that I would skip over fondling entirely. By the time my husband, Christopher, and I got together, I had spent too many years trying too hard to seem adventurous in bed. You know—the back-busting porn moves, the strained dirty talk. I decided that with him, there would be no more performing. I wanted to get back to the basics of sex, and what’s more basic than hand-to-gland combat?

It started as tantalizing foreplay, a way of teas-

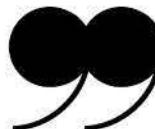
ing: “This is all you get for now, mister.” With him lying in bed, I would kneel at his side, kissing his chest while fondling him, or I’d crouch between his feet, looking up at his erection like a tourist awed by the Empire State Building (what guy doesn’t want you looking at his junk like an incomprehensible triumph of human engineering?). This playful approach let me experiment with different touches without feeling like I was fumbling my way through the world’s most inefficient wank.

Eventually, I learned the grip, rhythm, and motion that makes him shudder with pleasure. In the mornings before work, when we’re too rushed for the foreplay required for a nice mutual sexin’, he’ll ask with a smirk, “What about an HJ?” My response is pretty much always an enthusiastic “Yeah, baby.” That’s because I get at least as much out of it as he does (and not just because he returns the favor later with fingers or oral). I’ve never felt so in control as when giving an expert, teasing handy.

Occasionally, it gets me so turned on that I’m jumping on top of him, work be damned.

For us, instead of serving as a replacement for bonding, it leads to more sex by keeping us more connected throughout the week. This way, we never get a chance to become distant from each other in that way that always spells the death of sex. Plus, it’s a miracle cure for any relationship where the man has a higher sex drive than the woman. I’m always in the mood for a hand job, but I’m not always in the mood for sex...and he’s always in the mood for whatever he can get.

But that’s just my side of the story. I asked him why he likes our hand-job routine. His response? “My dick has never felt so loved.”



WE NEVER GET A CHANCE
TO BECOME DISTANT
FROM EACH OTHER IN THAT
WAY THAT SPELLS THE
DEATH OF SEX.





Master the HJ

1. Watch Him Do It

What better way to figure out what he likes than to watch him touch himself? After all, the guy's probably been doing it at least once a day ever since he sprouted his first pubes, so let his expertise guide you.

2. Ask Questions

No one is born a virtuoso at playing the peen. The only way you get there is by putting your ego aside and daring to ask him questions. Does this feel good? More pressure? Faster?

3. Don't Be Scared to Start While He's Soft

When you first start out, treat it like an experiment—this is about you getting familiar with his body and the way it responds to your touch. Say, "The point here isn't to get you hard, okay? I'm just having fun." Let me tell you, that is one effective bit of reverse psychology.

4. Never Forget the Lube

Giving a hand job sans lube is like shaving your legs dry—never do it! I like Liquid Silk: creamy without the stickiness of other lubes.



I Slept With a Male Model, and Here's What I Learned

CAN YOU ELEVATE YOUR SELF-ESTEEM BY SLEEPING WITH SOMEONE WAY OUT OF YOUR LEAGUE?

BY CHELSEA DAVISON

I STOOD IN the snow, shivering, pissed off, deciding if I should keep waiting for my date to show up. If a normal guy had stood me up for an hour without a call, I would have gone home and watched *Project Runway*. But Tyler (not his real name) wasn't just some guy. He was a god. He was an actual male model! Or, at least, an actor in some small films who'd dabbled in modeling. Either way, he was by far the most gorgeous man who had ever gone out with me. Assuming he showed up. I'm a New York 6, maybe a 7 back in Ohio. I kind of look like Julianne Moore after she's had a big lunch or 10. I've gone out with my share of cute boys, but Tyler was different. He was *hot*. Sexy. We'd met the week prior on the set of a film we were both acting in, and he'd asked me to get a drink with him. I couldn't believe it. I vowed in that moment that I would get him in bed. I didn't think I had a shot at really dating him, but for one night, I could live like a legend. I wanted a story I couldn't tell my grandkids about.

Suddenly, I felt a tap. I turned around, and there he was—his hair perfectly mussed, his sharp jawline covered with stubble. He looked like the love child of Justin Timberlake and Jude Law—the kind of guy you'd write a vampire novel about.

"Sorry I'm late," he said. "The subway took forever."

"No worries, I just got here a minute ago myself! The snow is crazy!" I said, blushing. I decided to forgive his lateness—after all, I was the one who chose to meet at a statue outside instead of a bar.

Tyler brushed some snow from my face and told me

some of his friends were at a bar nearby. I didn't love the idea of sharing him on our date, but I planned on getting him alone later in the night, so it was cool. We walked down the street hand in hand. I prayed that a friend, an acquaintance, or especially an ex would walk by and see us together. If a 10 was interested in me, then I couldn't be a 6, right? Or at the very least, it made me a 6 with the coolest personality in the world! When we got to the bar, we found about eight of his model friends, mostly women, lounging on a couch in the back. I felt like Alice in Calvin Klein-land. I introduced myself and pulled up a chair as he headed to the bar to get drinks for some friends. However, it turned out that didn't include getting one for me. I told myself it was presumptuous to expect the guy who kept me waiting for an hour in the snow to buy me a drink. Right?

An hour later, as I half-listened to a friend of his recounting some "designer drama," I realized Tyler had walked off. I excused myself and searched him out in the crowded room. Finally, my eyes found his jacket in the back, with his arm around one of his (female) model friends. As I made my way over, they started...making out. My face burned with jealousy and rage. I couldn't believe he would be so rude. I wanted to hurl my drink in his beautiful, stupid face!

Instead, I stood there, watching. I couldn't help but notice how much better-looking this girl was than I am. My anger turned to embarrassment. What did I expect? I knew he was out of my league. It was foolish of me to expect him to treat



Adonis. Or...not. There was no foreplay, no seduction—he just stuck it in like he was charging a cell phone. The whole thing was over in minutes. I'd expected to feel validated, like a champion, a sex goddess. Now I just felt stupid. He snored next to me as I stared at the ceiling. Suddenly, the sight of his well-sculpted body was the last thing I wanted to see.

I snuck out once the sun was up without saying a word. When I got home, I didn't text my girlfriends like I planned—I just wanted to forget the night ever happened. Not only had I acted like a doormat and slept with a guy who treated me like garbage, I'd deserved it. Using a beautiful man for sex didn't bolster my clearly low self-esteem, it just made me feel cheap and stupid. Tyler texted me later that day:

me like I was on his level. I should be grateful to be chosen as his date at all. Plus, I'd already suffered in the snow, so I might as well just finish my conquest. When I bragged to my friends, I could just leave out this part of the story!

When he came back over to our couch, I pretended not to have noticed he was gone. His friends began trickling out, and I suggested we head to his place. He smiled, and I swooned again. Finally, the date seemed to be picking up. He caught me when I almost slipped, he snuck a kiss as we waited for the train, and we started actually sharing information about ourselves.

"So, I'm originally from Boston. What about you?" he asked.



If a 10 was interested in me, then I couldn't be a 6, right? Or at the very least, it made me a 6 with the coolest personality in the world!"

"Cleveland! And no, I don't know Drew Carey."

"Ha, your sports teams are, like, allergic to winning!"

I laughed. "Yeah, we suck. But at least we don't have Boston's fans!"

His face went to stone. "You should shut up about things you don't know anything about!" he snarled.

I tried to apologize, but he pulled away. "Just shut the fuck up!" I did, because I didn't know how to respond. Why was I still there? Somehow, having sex with this man was my redemption. The proof that the guys in high school had made a mistake. The proof that I could be sexy and

wanted, even with an extra 15 pounds. The proof that the voice in my head saying "you're nothing" was wrong.

He motioned when it was his stop, and I asked if he still wanted me to come. He said, "I guess," so I followed. It's not like we'd have to talk during sex. Yes, he was an asshole, but it was going to be worth it!

We got upstairs and shed our clothes. The electricity I'd felt when we first met was back, and for a moment, I felt like I'd made the right choice by following through with my plan. I was about to have incredible sex with this

"LOL did u leave?" and I saw him again a few days later to finish shooting the film.

There was another actress on-set that day. Between takes, she asked how Tyler and I knew each other—we both said we didn't. Even though I regretted the night, it was a wake-up call that I needed to start respecting myself. Casual sex can be great, assuming the guy doesn't treat you like human garbage. Sure, that may mean dating guys who are a little more dough than meat or spending some nights at home, but at least the models on *Project Runway* won't leave you feeling pathetic. ■



WHAT SHE'S
HAVING,
AMIRIGHT?

Sex Q&A

No-BS responses to questions you can only ask Cosmo

Q/ When I climax from sex, my orgasms feel really strong. But when I orgasm from masturbating with a clitoral vibe, they feel really light, like a fluttering butterfly. Why is that?

A/ All orgasms are pretty fan-freaking-tastic, but you're right—they

don't all feel exactly the same. Different kinds of orgasms stimulate different nerve pathways to the brain, and some of those nerves trigger stronger brain responses and stronger Os, says sex researcher Beverly Whipple, PhD, professor emerita at Rutgers University. Also, more nerve pathways may lead to more powerful

climax. In Whipple's ongoing research, "women report that orgasm from stimulation of the area around the G-spot feels deeper, perhaps because more than one pelvic nerve is stimulated." Clitoral love stimulates only one nerve—the pudendal. Luckily, you don't have to pick a favorite orgasm. You can collect 'em all!

Q/ My BFF told me I can get pregnant from period sex. I'm confused. How can I be ovulating during my period?

A/ She's right. "It's a myth that you can't get pregnant

on your period," confirms ob-gyn Sherry Ross, MD. Here's how it could go down: Say you're one of the few women with a short menstrual cycle—21 to 24 days instead of the average 28—and you have sex at the end of your period. And suppose his

sperm lives inside you for three days (the longest sperm can hang out), by which time you may already be ovulating, producing an egg that can be fertilized by that lingering sperm, and boom—pregnancy! It's rare, but don't risk it. If you know you have a short cycle and you're getting down during your period, whip out the condoms.





Q/ I'm considering donating my eggs for cash to help pay my student loans. Will this hurt my chances of having kids in the future?

A/ There's no evidence that donating will hurt your baby chances, according to the American Society for Reproductive Medicine (ASRM). Still, the medical board recommends women donate only six times or less. Complications are rare—ASRM says less than .5 percent of egg retrievals (extracting eggs via a vaginal needle insertion) result in problems like internal bleeding or pelvic infection, but donation can have emotional side effects. "Some women feel used or lonely afterward," says Aimee Eyvazzadeh, MD, a reproductive endocrinologist. Choose a caring provider who does thorough checkups.

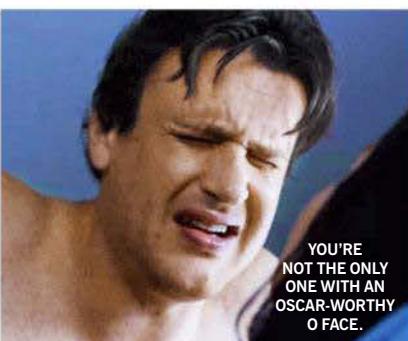
Q/ I recently overheard a guy saying that he fakes orgasms sometimes. How is that even possible, and why would a guy ever fake an orgasm?

A/ For the same reason that women fake them—they're tired, they're just not feeling it, or they hear the siren call of a new episode of *Keeping Up With the Kardashians*. "Many people think that it's impossible, but if a guy is wearing a condom, he can certainly fake an orgasm," says Debby Herbenick, PhD, an associate professor at Indiana University. Contrary to popular belief, guys aren't just sex robots who can spring erections (or orgasms for that matter) on demand. They're complex sexual beings, just like women are. "There is a lot of pressure on guys to perform," says Herbenick. "That in and of itself can be a good reason for faking orgasm."

Q/ I'm bi, but I've orgasmed only with girls, never guys. How can I bridge my personal orgasm gender gap?

A/ Consider whether you're doing anything differently when you get down with a guy. "Are you speaking up with your male partners about what you need them to do?" asks sexologist Logan Levkoff, author of *Third Base Ain't What It Used to Be*. Also, a woman might have a leg (or clitoris?) up on the competition, since she has the same parts you do. Or maybe your female partners are just better in bed. If you need more clitoral love with male partners, reach down and touch yourself or bring a vibe with you to bed.

E-MAIL YOUR SEX QUESTIONS TO SEXQANDA @COSMOPOLITAN.COM.



SEX TOY OF THE MONTH



WHAT'S THE BEST SEX TOY...THAT NO ONE WOULD EVER GUESS IS A SEX TOY?

A bullet vibe that hides in a loofah (*Sex in the Shower Vibrating Mesh Sponge*, \$12, amazon.com), of course. Just pop the mini vibe out to get your H₂O orgasm on (alone or with a partner). Then hang it back up next to your shampoo. No one will ever know.



LOVE &

WITH MORE WOMEN
USING THAN EVER,
IT'S HIGH TIME FOR
A CLOSER LOOK
AT HOW A FAVORITE
ILLICIT PASTIME—
SMOKING MARIJUANA,
—IS AFFECTING
OUR DATING AND
SEX LIVES.

BY MOLLY OSWAKS

WEED

SEX &

PHOTOGRAPHS
ARE OF PROFES-
SIONAL MODELS
AND USED FOR
ILLUSTRATIVE
PURPOSES ONLY.

NOW THAT 23 STATES AND DC HAVE LEGALIZED WEED, 4 OF THEM FOR RECREATIONAL USE AS WELL AS MEDICAL, THE DEBATE ABOUT WHETHER IT ENHANCES—OR RUINS—SEX AND RELATIONSHIPS IS RAGING HOTTER THAN EVER. CAN A COUPLE SURVIVE WHEN ONLY ONE IS A POTHEAD? DOES WEED MAKE SEX MIND-BLOWING OR FORGETTABLE? HERE, EIGHT READERS LIGHT UP THE HIGHS AND LOWS OF DATING IN THE STONED AGE.

THE PRODUCTIVE POTHEAD

"My boyfriend and I both smoke weed, and that's just a part of our lives. Just like I do yoga and he rides bikes, it's just another thing. We buy weed together. He packs bowls for me—he's the organizer of all the weed stuff, and I just smoke it. My boyfriend is an engineer for a tech start-up, and I run my own business as a web designer. We both attribute the amount of weed we smoke—we light up almost every day—to the fact that our jobs are so highly technical. It helps us turn our brains off from that mode. If you're a functional pothead, you don't have to think twice about it."

—EMILY, 28, WEB DESIGNER, SAN FRANCISCO, CA



THE POST-ALCOHOL SMOKER

"My boyfriend is pretty much the only person I smoke with...at home, at night, or on weekends during the day. When we have sex after smoking, there's definitely more of an observational quality to it. I'm kind of outside myself, observing, instead of in it and in my head. A kind of cool detachment happens. And afterward, I feel like I'm more open to talking about something that

SO...
WHERE
IS WEED
LEGAL?

4 states have
legalized marijuana
for medical and
recreational use:

ALASKA, COLORADO,
OREGON, AND WASHINGTON
(PLUS THE DISTRICT OF
COLUMBIA)

19 states have
legalized it for
medical use only:

ARIZONA, CALIFORNIA, CONNECTICUT,
DELAWARE, HAWAII, ILLINOIS, MAINE,
MARYLAND, MASSACHUSETTS, MICHIGAN,
MINNESOTA, MONTANA, NEVADA, NEW
HAMPSHIRE, NEW JERSEY, NEW YORK,
NEW MEXICO, RHODE ISLAND,
AND VERMONT

LOVE LUST

happened or something that I liked. Alcohol for me is definitely a depressive experience. I used to have so much fun when I drank, and now it's just not that fun anymore. When I smoke, I like who I am a little bit more, and I'm able to express myself better."

—KRISTIN, 29, START-UP FOUNDER, NYC

THE THIRD WHEEL

"I was dating this guy who was otherwise very sweet and wonderful, but there was an addiction issue. He couldn't go to parties without knowing at what point in the night he'd get to go back to his place, or go somewhere else, and smoke. The only way he could get out of bed or get ready for the day (he was in school at the time) was to smoke. It was embarrassing to have to explain to friends. There's a difference between the casual stoner who prefers smoking to drinking and the guy who can't have normal social behavior. It got to a point where I just became so frustrated with the inconvenience. It really doesn't work for me to be out at a restaurant or have plans to go see a play later and for him to say 'I can't because I have to go smoke.' That necessity was totally disruptive. It was like having a third person in the relationship. I broke it off."

—LEE, 24, FUND-RAISER, BOSTON, MA

THE MEDICAL MARVEL

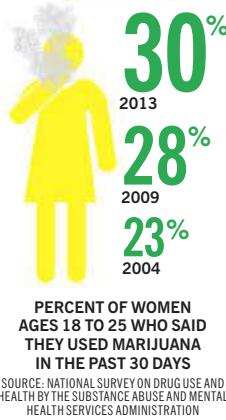
"Depression has run in my family for generations. I started going to therapy for it in sixth grade. I've tried every antidepressant under the sun, and nothing ever really worked for me. But I keep taking them just to keep it in check. Now I'm taking Celexa. In college, I had no sex drive whatsoever. I bounced around on different medications to try to fix that, and nothing really helped until I tried smoking. Now, I am an everyday weed smoker, and I do think it helps my depression...and my relationship with my boyfriend. When I smoke, I get very relaxed and super horny. I'm like a ravenous frat boy. I had a boyfriend with a very low sex drive, and it was too much for him. It was always a point of contention. But my current boyfriend loves it!"

—MEGHAN, 29, JOURNALIST, NYC

THE INDUSTRY INSIDER

"My boyfriend is super supportive of me being in this industry, working for a vaporizer company. He's a musician, and cannabis and music often go hand in hand. He's totally supportive and actually very helpful. All his friends come over and try the vaporizers, giving real-time feedback. The way dating is today, the girl can be the aggressive one, going after the guy. A bunch of my friends don't use cannabis, and they're like, 'How do you do that?' And I'm like, 'You just invite them over to hit the vape.' Then the guys

MORE YOUNG WOMEN HAVE BEEN LIGHTING UP OVER THE LAST DECADE



BURNING QUESTION

DOES WEED MAKE SEX BETTER?

A. "If you look through the surveys and clinical studies, both men and women consistently report that cannabis acts as an aphrodisiac," says Ziva Cooper, PhD, an assistant professor at Columbia University Medical Center who studies the effects of cannabis on people. There are even strains marketed directly to women for a pleasure-enhancing high. "Women report it may decrease some of the pain involved with sex."

In males, however, too much can decrease sexual performance. Across the board we see a dose-dependent relationship. At lower doses you may have positive effects, but as you increase the dose, there might be negative ones."

are like, 'Oh my god, this is the coolest girl ever. I want to marry her."

—BRIANNE, 28, DIRECTOR OF MARKETING FOR A VAPORIZER COMPANY, NASHVILLE, TN

THE STONER BUDDY

"I love my boyfriend so much, but when he is stoned, he becomes a different person. He's totally out of it and quiet, and his breath and saliva taste really different and not appealing. He has this one friend he's always smoking weed with, and I think that's also what burns me out most. The fact that when he gets with this one friend, it's all about doing drugs. I just feel like when you get into real life—aka after college—it's important not to have your social activities revolve around drugs, no matter how innocuous they seem."

—EMILY, 26, WRITER'S ASSISTANT, LOS ANGELES, CA

THE DATING DILEMMA

"I seem to gravitate toward a certain type. They are always creative and very passionate about what they do, but they also happen to be very big pot smokers. It's like they need pot to enrich their creative selves. They become so dependent on smoking all the time that you don't know if you like the person better stoned or not stoned. It gets to the point where it is confusing what their true nature is. With one guy I dated, smoking was so much of who he was, I never really knew when he was and wasn't high, what was his pure nature and what was his stoned nature. I think I liked him better high—he was less edgy. But I would question myself. Is it bad that I like his altered version more? Pot can definitely make it hard to connect, especially when you're first getting to know someone."

—JILLIAN, 25, GRAPHIC DESIGNER, NYC

THE COLORADO QUITTER

"I am more likely to have drinks on a date than smoke weed. Even though weed is legal in Colorado, you can't smoke in restaurants or some other public places, so it usually happens at someone's house. My friends always said having sex while high on weed was so good that you shouldn't do it, because you wouldn't enjoy sober sex as much. They were right—when I tried it, it was awesome. High sex makes your mind and body more sensitive to pleasure, and in comparison to drunk sex, it's less...aggressive? You don't remember the act of it as much as the feeling because you are in another state of mind. I had a bad experience with weed a couple of months ago where I fainted, so I stopped smoking. Even though I liked high sex, I think it's more important to enjoy sex with your partner sober because you're more focused on each other's needs, rather than just being horny because you're high."

—CHRISTINA, 22, MARKETING STUDENT, BOULDER, CO

YOUR GUIDE TO THE MALE BRAIN

manthropo

FOOLS OF
ATTRACTION

THE BIZARRO THINGS THAT TURN MEN ON

You never knew a messy bun could do it for him, did you?

BY KELLY GONSALVES
AND EMILY C. JOHNSON

"I love a girl in a turtle-neck and pants. It's more mysterious. You're left wondering, what's under there?"

—ZACHARY W., 26

"On the rare occasion that I go to temple, I immediately notice any girl who sings. It is bold and so sexy."

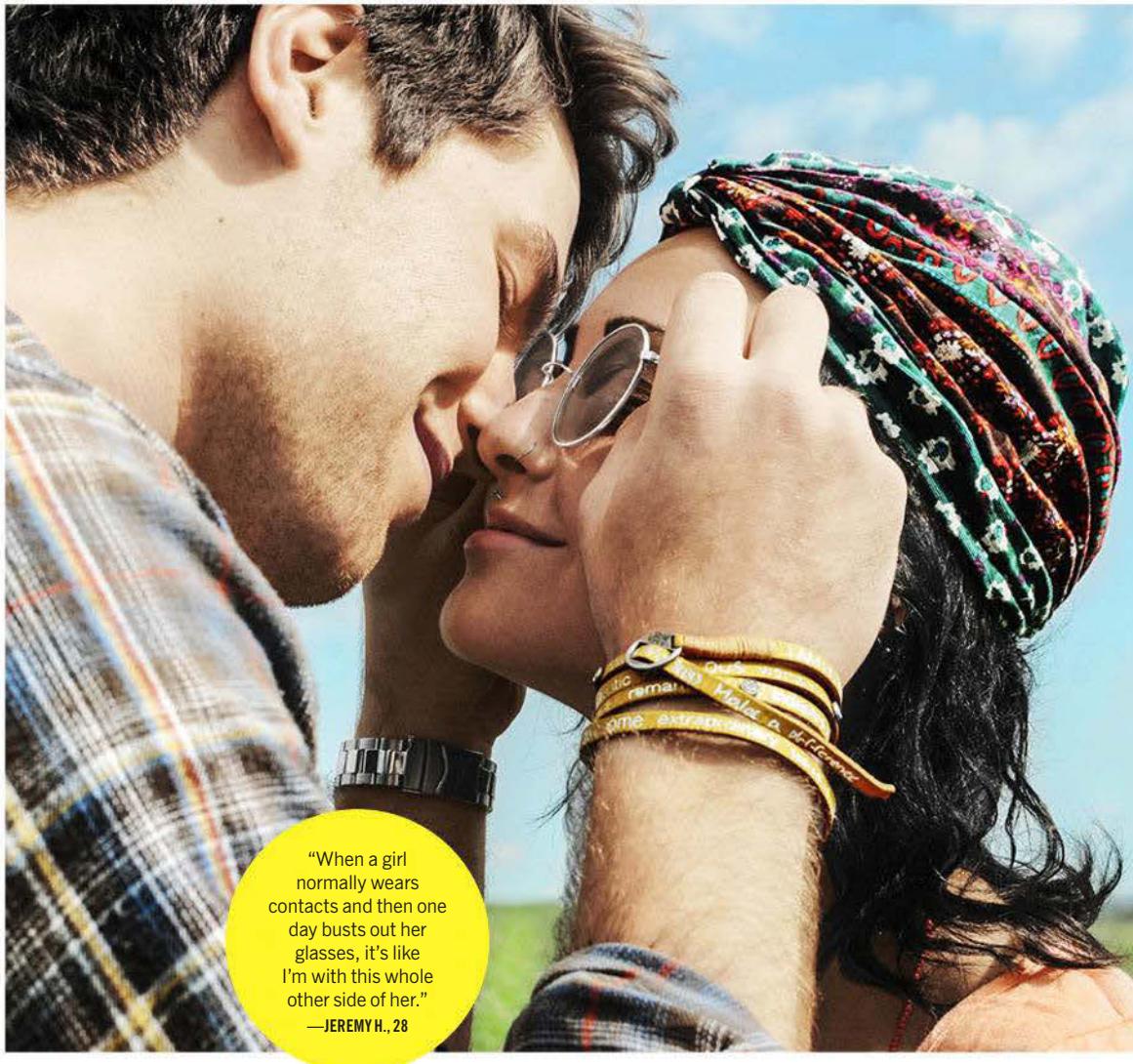
—DAVID S., 27

"Frizzy hair. It means she's a woman who gets ready fast."

—MELVIN S., 29

"I really like the way girls look in the morning when they have sleepy eyes. There's something adorable about how unguarded it is."

—CHAD B., 20



BECAUSE
HE'S APP-Y

DECODE HIS SNAPCHAT

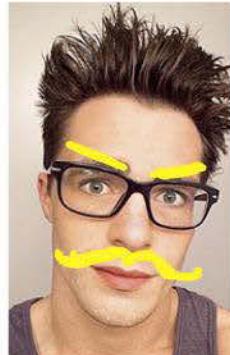
Quick! Score some insight from his snaps before they self-destruct.

BY GREG DORRIS



The 3-Second Snapper

His semi-nude bod says "Can't stop thinking about you," but the meager 3-second timer to view it says "...and also the seven other girls I'd like to bone."



The Fingertip Artiste

He wants you to know he's, like, super creative. But he does score points for relying on more than just a hot selfie to impress you.



The Lurker

He sends absolutely nothing, but he's seen all your Stories. A little creepy. But know that there's no question that he's into you.

logi

THE HUSSLE

3 PHRASES THAT MAKE YOU HIS GF—NOT HIS HOOKUP

Getting from point A (booty calls) to point B (BF, duh) is tricky business. Dating expert Matthew Hussey sends help.

HE'S BRISTLING AT THE DTR TALK... "I could give AF about labels, but I need to know what to say to guys who ask me out."

WHY IT WORKS: A hint of competition goes a long way with guys. Reminding him he could lose you could be the kick in the ass he needs to see how good he has it.

HE CAN'T DECIDE WHAT HE WANTS... "That's okay. But if we don't know what we are next month, let's just stay friends."

WHY IT WORKS: You're relaxed and not judge-y but willing to end things sans progress. Taking control is hot, and the idea that you'd downgrade him to "friend"? Ouch.

HE PULLS THE "I DON'T WANT A RELATIONSHIP" CARD... "I'm not asking for a ring. I just wanted to see where things go."

WHY IT WORKS: Script flipped—now he's the drama queen. Spend less time with him. If he won't invest in you, he's not worthy.

65

PERCENT OF MEN WOULD RATHER GO CROSS-COUNTRY WITH TWEENS WHO JUST SAW FROZEN THAN SHOP. HOPE HE'LL BUY NEW JEANS? LET IT GO!



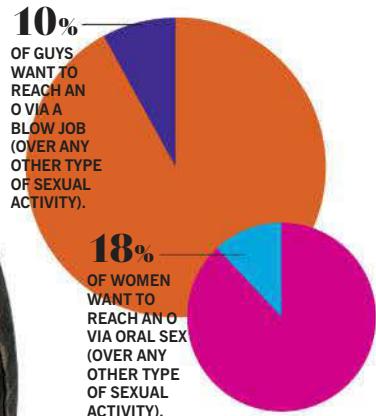
NOT-SO-DIFFERENT STROKES

WHAT HE ACTUALLY WANTS IN BED

Rethink that wham-bam BS. His wish list looks like...yours.

BY EMILY C. JOHNSON

BJ BIAS



MAKING LURVE MATTERS



FOREPLAY THAT LASTS...AND LASTS



ask him any- thing

LOVE
ADVICE FROM
OUR GUY
GURU, LOGAN
HILL

Q/ I woke up in the middle of the night and heard my boyfriend masturbating on the other side of the bed. Couldn't he wait until morning or at least go into the bathroom? I'm offended—should I be?

A Your BF made a boneheaded decision with his boner, not his brain. But offensive? I think he was just lazy. Still, he needs to know it bothered you and turned you off. Tell him you get that he's going to masturbate but to take his self-love elsewhere next time. Or better, have the balls to ask you to play with his balls.



Q/ I'm trying (and failing) to seduce my BF. He's always "too tired." Should I just buy a vibrator and get over myself?

A By all means, buy a vibrator and get off. But intimacy matters. If you pretend you don't need sex, that dishonesty will push you apart. Tell him what you need. And when you buy that vibrator, show him how to use it.

Q/ MY BOYFRIEND AND I ARE CONTEMPLATING A THREESOME. WE THINK IT WOULD BE SUPER HOT, BUT WILL OPENING OUR RELATIONSHIP CHANGE THINGS FOREVER?

A People who say threesomes are gateways to adultery are basically like people who say that you'll become a drug addict if you smoke one joint. Just because you have anal sex one night doesn't mean it's going to become all butt play, all the time. If you both think a threesome is hot, by all means, try a trio. Whether it's a onetime thing or the first of many ménages, what comes next is up to both of you to talk about.



Q / A good guy friend has started sleeping over—but just to cuddle. He doesn't try to kiss me. Does he like me or not?

A That sounds sweet... and boring. He probably wants you, but he's shy or worried about messing with your friendship. If you like him, you're going to have to kiss him first. Otherwise, you might be stuck with a human pillow forever.

Q / PLEASE RESOLVE AN AGE-OLD MYSTERY. DO ALL GUYS REALLY FIT INTO THE BUTT-MEN VS. BOOB-MEN CAMPS?

A No. It isn't like being a Yankees or a Red Sox fan, where you choose one and stick to it for life. Most guys root for both T and A. Or they mix it up. A guy might obsess over T, then worship that A, and refocus on the T again. The bottom (and top) line: Guys are diehard fans of women's bodies.



Q / I WENT HOME WITH A GUY, AND WE STARTED HOOKING UP. HE WANTED TO HAVE SEX, AND WHEN I DIDN'T, HE GOT FRUSTRATED AND ASKED WHY I WAS THERE. DOES GOING HOME WITH A GUY AUTOMATICALLY MEAN HE EXPECTS YOU TO SLEEP WITH HIM?

A A man should never "automatically" expect sex. Even if you're naked in his bed, you don't owe him anything. But if you go home with guys and sex doesn't happen, they might get disappointed. Just tell him his hissy fit confirmed your decision—then GTFO.

Q / My boyfriend quit his job to become a stand-up comic. Slight problem: He's awful. I don't have the heart to tell him, but I'm scared we won't be able to cover the bills in a few months. Help!

A You don't need to tell him he's no Aziz Ansari. He'll figure it out when, instead of killing, he's crushed by the sound of silence. Make it clear you'll support his dream as long as it doesn't mean supporting him financially. Since he already quit his job, go to his open-mic nights and cheer him on for a while, but tell him that not being able to pay the cable bill would be seriously unfunny. If he needs an extra nudge to get a part-time job, tell him a knock-knock joke. Who's there? Monster.com!

Q / My hookup gets random texts at 2 a.m. when I'm sleeping over. I'm dying to know if they're from another girl. How can I find out without stalking?

A His friends might occasionally text him late-night—but if this is a regular thing, we both know the texts are from women who want to bone him. That said, he's not your boyfriend, he's your hookup. If you want to be exclusive, have a convo about your relationship, not who's booty-texting him. As long as you're just FWBs, it's really his business.



Hill is a contributing writer for *Cosmopolitan* and *Cosmopolitan.com*.

THE SEX WE TALK ABOUT

TALKING ABOUT SEX WITH YOUR GIRLFRIENDS IS ONE OF LIFE'S SIMPLE PLEASURES. SO WHY DOES IT HAVE TO STOP WHEN EVERYONE FALLS IN LOVE AND SETTLES DOWN?

BY MICHELLE RUIZ

WHEN YOU'RE SINGLE AND

hooking up, talking about sex with your friends is as free-flowing as a fresh pitcher of bellinis at brunch. “He has a micropenis.” “He has an anaconda in his shorts.” “He can’t get it up.” “He can’t *keep* it up.” “He’s amazing at oral.” “He slobbers like a Saint Bernard during oral.” Good, bad, hot, hilarious, and everywhere in between, if it happened to one of your main bitches in bed last night, there’s no such thing as TMI.

That is, until you all start falling in love.

Notice how the sex talk mysteriously starts to dwindle when your group starts getting serious with boyfriends or girlfriends? Once you’re in a relationship, the carnal conversation splits. There’s the sex you talk about and the sex you don’t.

“When you’re hooking



up, talking to your girlfriends is an opportunity to explore and be curious and get a sense of what's 'normal,'" says Megan Fleming, PhD, a clinical psychologist, certified sex therapist, and instructor at Cornell University. "There's a big difference when, all of a sudden, you're honoring a more serious relationship." Demonstrating the 45-degree crooked angle of his wang with your index finger, for example, tends to lose its sparkle once that wang belongs to your fiancé.

Talking about an S.O.'s sex game, right down to the thrust, can be socially awkward too. Your friends meet him, partake in Sunday Fundays with him, and become friends with him. "It crosses your mind that Fuck, I'm bringing him to her wedding. I can't tell her about his weird balls," adds Annie, 28.

Talking about your relationship sex can even feel like betrayal—especially if it's a complaint. When she was single and playing the field, June, 33, provided

detailed reports of her hookups to her friends. She remembers imitating to her former roommate an odd, teeth-gritting face one guy made when she got on top. But once she started seriously dating her now-husband eight years ago, she stopped confiding to even her best friends about their sex life.

"When you get into a relationship, you start to see yourselves as a unit, and you're fiercely protective of that unit," she says. "Even if he does something weird in bed, you tend to keep those details closer to the vest."

When the sex talk fades away, sometimes that safe, girlfriends-only space for getting advice about sex fades away too. And by silently carrying the weight of that weird thing he did—or didn't do enough of—"you're perpetuating the idea that relationship sex is always wonderful and that people don't talk about it when it's not," says Kristen Mark, PhD, an assistant professor and director of the Sexual Health Promotion Lab at the University of Kentucky. "Most relationships have their sexual ups and downs. But when no one else is talking about that, you think, Oh my gosh, I must be alone in this."

"I'm definitely more likely to tell my best friend that my boyfriend and I had a rocking good time on vacation, if ya know what I mean, than to tell her about those ruts where we don't have sex for three weeks because we're both stressed out and tired," says Nicole, 33.

Opening (back) up to your friends about your sex life could not only demys-

tify relationship sex, says certified sex therapist Nan Wise, PhD, an assistant research professor at Rutgers University, but "if people were more open and authentic about their sexuality in their friendships, they would feel much better about their sexuality with their partners."

Verbalizing to your friends what's bugging you could help you sort out your feelings and better express them to your partner. Talking about relationship sex to your friends can be respectful, she says, especially if you're asking for advice or support, as opposed to bashing your partner...or his balls.

Annie had followed her friends' lead and stopped talking to them about sex with her serious boyfriend. But a year into the relationship, deep down "I was low-level worried that we weren't having enough sex," she says. So she broke the sex-talk seal and asked a dinner table of close friends how often they did it. Turns out, they were all having sex a couple of times a week, about the same as Annie and her man. And they all wanted to be having it more. Of course, there's no such thing as "normal"—only normal for you. Still, knowledge is power—and can relieve your stress. "It made me feel so much better," Annie says.

Then their convo turned to anal—was anyone into it? And, OMG, almost getting caught by one's mother-in-law during the holidays! It's proof that you don't have to stop talking about sex with your friends when you fall in love. You can talk about it in brand-new, equally fun ways. ■

AND THE SEX WE DON'T

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You Got the Job! Now What?

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BY LIZ KRIEGER

WORK

SECTION 1

Wow Your Boss

Unless your new job title is Duchess of Cambridge or Dictator of a Small Country, you report to someone. Make that person's life as easy as possible from day one, and only good things will happen for you.

1. FIGURE OUT WHAT MATTERS. How? Just ask, says Alexandra Levit, author of *New Job, New You*. Tell your manager you want to make sure you meet expectations. What would success look like to her? Ideally, during your first meeting, you can get in writing the goals on which you'll be evaluated during your first three months, six months, and year. "The more subjective you leave this, the more open your performance is to interpretation," Levit says.

2. KNOW WHO YOU REPLACED. You'll want to do some subtle snooping about your predecessor. Ask coworkers about how previous projects worked out—being mindful not to make it about people, which can sound gossipy, but about their job duties, says Levit. You can also directly ask your boss about this, says Anita Bruzzese, author of *45 Things You Do That Drive Your Boss Crazy*. Say,

"Is there anything you'd like to see me do in this job that maybe wasn't done before? Is there something you really liked about the person who had this job before me that I can continue to do?" That way, you're not asking anyone to trash-talk a former employee.

3. HAVE A "COMMUNICATION" TALK. Within the first 90 days of a job, set aside some time with your new manager (or each manager, if you have more than one) to go over some ground rules, says Lindsey Pollak, author of *Becoming the Boss*. How does she want to hear from you? In person? E-mail? Text? If you're running late, what is the best way to tell her? It may seem like small stuff, but keeping the lines of communication running smoothly—and not inadvertently peeving her with long voice mails or weekend e-mails—can get you off to a great start.

SUBSECTION 1A

THE WEIRD PEOPLE YOU MEET AT WORK

Cherish your normal, respectful coworkers... but be ready for these guys too.



The Poison Pill

She hates her job, and the only thing that appears to cheer her up is making you hate yours too.

WHEN YOU'RE AROUND ONE
*A key virtue of starting a new job is hope, so don't let anyone drain yours, says Ross McCommon, author of *Works Well With Others* (out October 6). Ignore her messages, or rebuff her with a quick "Sorry, super busy!"*



The Smug Sexist

Excels at mansplaining and discounts all your ideas until another man endorses them.

WHEN YOU'RE AROUND ONE
Stop him with a firm "Thanks, Chad, but I know that. Here's what I'd really like to get to." This moves the convo along and lets people know what you know.

SECTION 2

WIN OVER YOUR COWORKERS

Let's be honest: The office is basically high school, and being the new kid is painful. You're not sure who hates whom, and you definitely aren't guaranteed a friend to hang with at lunch.

1. DON'T HIDE OUT. If you wait too long to ask people's names and duties, it might feel awkward, says Bruzzese. Ask your manager to make intros, especially to helpful people in roles like office management and accounting.

2. SHOW OFF FRESH IDEAS. A foolproof way to annoy new coworkers: pitching ideas they have tried—or discarded—before. Ask about what's been done. And don't try to blow everything up, even if you inherited a hot mess. "While it can be tempting to come in like gangbusters and prove yourself, being a good listener is a hugely valuable skill," says Levit. Look for a single process or project where you can shine.

3. BE AS NICE TO THE CUSTODIAN AS YOU ARE TO THE CEO. People notice how you treat other people, and some workers have more influence than you think, says Bruzzese. If you rub gatekeepers the wrong way, good luck getting help with the jammed copier, much less face time with anyone important. It doesn't have to be a big deal: If you pass the front desk and notice a package needs to be delivered, say, "Hey, I'm headed that way. Can I drop this off for you?"

4. DON'T PLAY FAVORITES. Know a little bit about a lot of people, instead of joining yourself at the hip with one. You've been cast in a long-running show, and there's a lot of backstory to catch up on. "I learned this the hard way at a previous job," says Sara Nelson, editorial director of Amazon.com and Kindle. "The person who took me under her wing was the office complainer, the person nobody wanted to be stuck with in the elevator. I eventually extricated myself from her, but we never had a normal working relationship after that. She was mad at me for rejecting her, when I should have waited to 'accept' her in the first place."



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WORK

SECTION 3

Look like you know what you're doing

They chose you for the job. You are not a fraud. You will not embarrass yourself. (But maybe take these precautions just in case.)

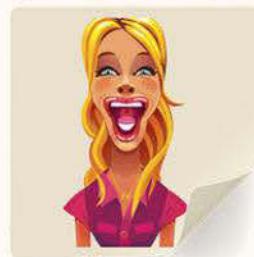
1. LEARN THE CULTURE. Here's where you realize that Anthropology 101 seminar was not a total waste. One of the best things you can do at a new job is observe: when people arrive and depart, how people socialize (in the kitchen? over drinks?) and communicate (do people curse? is there a Gchat you should join?). Not to say you have to eat salad at your desk every day just because everyone else does, but know what's normal.

2. TAKE NOTES. People see it as a huge sign of respect when you write down what they are saying and a sign of disrespect when you have to ask again because you didn't write it down. Carry a notebook or your phone. Bruzzese suggests saying, "I'm just going to jot down some notes on my phone so I don't forget the specifics." That way no one thinks you're texting your BF.

3. ADMIT YOUR IGNORANCE. Being asked a direct question on a topic you know nothing about is an unpleasant feeling...but trying to fake your way through an entire conversation on said topic is the stuff of nightmares. Confidence means saying simply, "I haven't heard about that. Can you catch me up?" or "Can you remind me who that is?" During those first 90 days, it's fine to ask a lot of questions, says Pollak.

4. BUT DON'T ADVERTISE YOUR IGNORANCE. Do not, however, ask things you can easily find out elsewhere. "Years ago, I had just started a job and was in a big meeting," says Alexis Bryan Morgan, director of designer relations for Rent the Runway. "Someone mentioned a famous designer, and I blurted out 'Who's that?' My boss looked at me and joked 'You're fired.' The point is, I should have gone back to my desk and figured it out. Even today, there are so many acronyms in the digital world that are new to me, but instead of wasting everyone's time, I make sure I listen, take notes, and do my homework."

SUBSECTION 1A



Shouty McGee

She needs to express every thought, loudly.

WHEN YOU'RE AROUND ONE
She might be anxious or excited. Try being empathetic ("It sounds like you have something intense going on...") or playful ("Wow! You. Are. Talking. Really. Loud!"). Either way, says McCammon, "deal with it really early on. It's awkward, but it's worse if you let it fester and become passive-aggressive." (Upside: Loud talkers might be shouting helpful scoop.)



The Creepy Old Dude

He is wearing a wedding ring but likes to walk up to you from behind and whisper gross things in your ear.

WHEN YOU'RE AROUND ONE
Be direct. Tell him you have no interest in what he's doing. Try: "I'd like to preserve this working relationship, but I'd appreciate if you would stop." If he persists, talk to a manager.

SUBSECTION 3A

YOUR FIRST DAY TO-DO LIST

The truth about first days is you rarely have any work. **Ross McCammon**, author of *Works Well With Others*, supplies an agenda.

DAY BEFORE Send an e-mail to your boss asking if there's anything you should start thinking about. (This not only gives you something to do in the morning, but it also makes you seem both eager and conscientious.)

9 A.M. You're here! Don't look down, literally and metaphorically.

9:30 A.M. Familiarize yourself with your office, phone, and computer. None of it will work. Stay cool.

10 A.M. Stifle the urge to record an out-of-office greeting. You will screw it up and have to record it again. And again. This will be both amusing and annoying to coworkers. But mostly annoying.

11 A.M. Be mildly delusional: Act as if you are comfortable even if you aren't. Pretend that your new colleagues are vague acquaintances, not total strangers. Your disposition will be more open and positive because of it.

12 P.M. Type something. Anyone typing looks like they are working. Send an e-mail to contacts about your new job. Come up with vague ideas for projects. Begin a draft of a memoir titled *I Think I've Made a Big Mistake*.

1:35 P.M. You'll likely be asked to lunch, so give people time to invite you (but no one has ever invited anyone to lunch after 1:35 p.m.).

3 P.M. Bathroom break. Expect hands-free faucets involving a sensor that will not detect your hands, leaving you moving your hands underneath the faucet like a grocery-store clerk on meth as your new colleagues cycle through and wonder what your problem is.

3:05 P.M. If you believe, the water will come.

5 P.M. You made it. You don't yet have a record of success like your new colleagues, but you also don't have a record of failure. It's rare to have power with no baggage. This happens only a few times in your career—and only on the first day. Enjoy it.





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SUBSECTION 1A



The Ghost

You need her input
desperately. But she's
never at her desk.

WHEN YOU'RE AROUND ONE
Face-to-face convos
are more efficient than
e-mail with elusive
types, McCammon
says: "As soon as she
walks in, pop in and
start talking." Give her
a quick list of things
you need answered,
then go through it item
by item, and last, sum
up what you plan to do.



The Guy Who Gets Away With Everything

He comes to work late,
passes off assign-
ments, and still gets
promoted.

WHEN YOU'RE AROUND ONE
Watch and learn—he
might have something
to teach you. "He's
figured something out,"
McCammon says.
"There is something he
brings to the table that
the boss loves." Let him
do whatever he's doing,
and focus on adding
your own value.

SECTION 4

Protect your Rep

You're familiar with the pitfalls of the Reply All
function, right? Just checking.

1 SILENCE YOUR SOCIAL MEDIA. In the begin-
ning, step away from Twitter, Instagram, Face-
book, and all your other networks. (When you
share that viral video, it carries a time stamp.)
And quiet your cell too, says Levit. Moms have a
way of blowing up your phone in week one.

2 GET IN EARLY, STAY LATE. "At least in the begin-
ning, try to get there 15 minutes early, and stay
about 30 minutes later than your boss," says
Bruzzeze. Thankfully, face time is less important
than it was in the past, at least in some careers.
But in a new job, it looks bad to zoom out.

3 PROJECT COMPETENCE. You may not realize it,
but body language—and actual language—speaks
volumes. "I've worked with people who didn't
give enough thought to how they spoke—saying
things like yeah, uh-huh, um—as well as offering
limp handshakes. It all can translate into immatu-
rity," says Rebecca Widness, founder of Wid-
ness and Company Public Relations in New York.
Being super-polished with little things like your
posture, your outfit, or the way you answer your
phone can make you appear (and actually be)
more confident.

4 SIP, DON'T SWIG. It's never a great idea to get
blitzed with coworkers, but definitely not in the
very beginning. Laurie Ruettimann, an HR con-
sultant in Raleigh, North Carolina, recalls how,
in an effort to keep up with the guys on her team
who took her out to dinner after her first day at
work, she helped polish off six bottles of wine. "I
ended up puking at 8 p.m. and had to get up the
next day for meetings," she says.

5 WHEN IN DOUBT, DON'T. Not sure if you should
wear that skirt? Don't. Take that long lunch hour,
even if it's a slow day? Don't. Always respect that
squiggle of doubt, Pollak says, "especially during
those crucial first few months on the job."

New!

APPENDIX A

SEVEN WAYS YOU SCREWED UP YOUR BENEFITS

Is your approach to open enrollment “eeny meeny miny moe”? Cosmo financial columnist **Alexa Von Tobel**, CEO of Learn-Vest and author of *Financially Fearless*, gives you a do-over.

YOU OPTED OUT

Take advantage of your perks—life, dental, and especially, health insurance—to protect yourself and your finances. (If you don't get benefits through a job, head to HealthCare.gov.) I opted out of a \$7 per month dental plan at my first job...only to get a cavity and a huge bill!

YOU PICKED THE WRONG PLAN

Consider the true cost of a health plan: not only monthly premiums but also copays, prescriptions, deductibles (how much you pay before the plan kicks in), and coinsurance (the percentage you cover after it kicks in). Look for a plan with a lower deductible, especially if you have a chronic health issue, see a specialist, take brand-name meds, or might get pregnant. Consider high out-of-pocket costs only if you're healthy and can't afford better coverage....But remember, anyone can get sick or injured, and one trip to the ER can cost a lot.

YOU RE-UPPED WITHOUT THINKING

Ninety percent of workers auto-enroll in the same health plan each year, a 2014 study by Aflac found. The best way to prepare for the unknown is to review your benefits and make sure they still fit your needs.

YOU DIDN'T TEAM UP

If you live with a partner, you might save by becoming a dependent on your S.O.'s insurance (or vice versa). Plus, people under 26 can glom onto a parent's insurance. Be aware of differing open-enrollment periods.

YOU PRETENDED YOU'D NEVER GET OLD

You're going to work for roughly 50 years to support 70(ish) years of your life—the earlier you start saving for retirement, the better. Aim to contribute at least 5 percent of your base salary monthly by age 25 and 10 percent by age 30 to an employer-sponsored 401(k). If you're not enrolled at work, try a Roth IRA, which you can open online. Don't touch a penny in your retirement accounts before age 59½ to avoid a major hit from taxes and penalties.

YOU NEGLECTED YOUR MONEY

Just because you won't use your retirement money soon doesn't mean you should ignore it. Set a calendar alert to check on your investments at least once a year—as you get older, you'll want to take less risk. Brokerage firms have free online retirement calculators that can help you find a good mix. And keep an eye on those funds after you leave your job. If you feel unorganized, combining all your retirement accounts into one (aka rolling them over) might help.

YOU LEFT BENEFITS BEHIND

Perks don't always vanish as soon as you give notice or lose your job. Drop by HR to ask if any benefits will linger. In some cases, a severance package can be negotiated to extend your health and dental plans temporarily. Some companies will provide at least 18 months of COBRA insurance—but you cover the (high) cost.

SOURCE: ALINA ALGANICOFF, VICE PRESIDENT AND DIRECTOR, WOMEN'S HEALTH POLICY, KAISER FAMILY FOUNDATION

SUBSECTION 1A



Silent but Judge-y

He's definitely feeling things about your work, but he's not communicating.

WHEN YOU'RE AROUND ONE

Are you sure this is about you? He could be annoyed at something else entirely or have a case of Resting Douche Face. Approach him by saying, "I've noticed that when I do this, you do this."



The Prankster

He thinks he's the next coming of Jim Halpert. You think he's unfunny and distracting.

WHEN YOU'RE AROUND ONE

Don't feel you need to engage, even if it makes you feel a little like a jerk. "Nonresponse when someone is joking can be really powerful," McCammon says. "You drain the situation of the energy he tried to put into it." Be glad he's too busy with his act to outshine you on the job.

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“YOU HAVE TO BE GUIDED BY WHAT IS RIGHT”

When **Marilyn Mosby** was elected state's attorney for Baltimore, she became the youngest chief prosecutor of a major U.S. city. Less than a year later, 35-year-old Mosby became the talk of the nation, making the call to charge six police officers in the controversial death of Baltimore resident Freddie Gray. She talks about the career choices that prepared her for the challenge.

BY ABIGAIL PESTA



AP PHOTO/ALEX BRANDON



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WORK

DEFINING MOMENT

One of the reasons why I became a prosecutor and got interested in trying to reform the criminal-justice system was because of a tragedy. I was 14 years old, and I had a cousin who grew up with me, like a brother, in a police family in Boston. Nobody in my family had gone past high school, so we both had aspirations of being first-generation college students. He was killed right outside our home in broad daylight. That's an image that is branded into my mind, opening up the door and seeing him lying in the street. He was mistaken as a neighborhood drug dealer. He was actually an honor student. If it weren't for the testimony of a neighbor who showed courage, who cooperated with police and testified in court, my family wouldn't have received any sort of justice. That was my introduction to the criminal-justice system—dealing with the prosecutors and courts, seeing how the district attorney's office guided my family. I saw a 17-year-old who was going to a grave—but the individual responsible for his death was also 17 years old. And so at 14, I'm looking at the system and saying: How could we have gotten to this young man before he elected to pick up a gun and kill someone?

RACE AND SCHOOL

Growing up, I was part of one of the longest-standing desegregation programs in the country. I woke up at 5 o'clock in the morning every day and was bused an hour from the inner city of Boston to a school in one of the richest towns in Massachusetts. At one point, I was the only black child in the entire

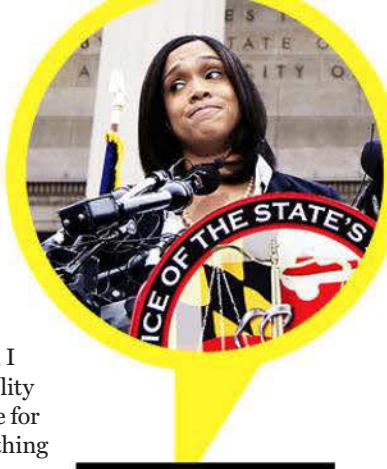
school. At a very early age, I kind of had the responsibility of being the representative for black people. It was something I welcomed. I would get the stereotypical "You go, girl," but I understood that it had to do with a lack of exposure. So I was responsible for a cultural-diversity day at the school, bringing outside agencies to talk about race. That was something I did from second grade until I graduated.

FINDING A WAY

I worked really hard to do well in school, driven by my cousin's killing. I got a presidential scholarship to Tuskegee University. I was active on campus and graduated with a 3.8 GPA. But I got wait-listed to every law school I applied to because I didn't do as well on my LSAT. So I needed to think outside the box. No situation or circumstance should define your destiny. Only you and God can do that. I started calling around to law schools—this is not traditional, people don't do this—and I said, "I really want to interview with you. I think you need to know that my LSAT score is not indicative of my potential." People said it was fruitless. I called schools every day for months. And finally a woman was like, "Okay, all right, lady, yes, come in." I talked about why I was driven by this and what I could bring to the school. Then I called every week and followed up. In the end, I got into my first-choice law school, Boston College.

GOING FOR IT

When I decided I was going to run for state's attorney against a powerful incumbent, people told me I was too young, I was too inexperienced, I couldn't



"Where ya been?" So it's really important to have that support system.

BUILDING TRUST

People are so distrustful of law enforcement and the criminal-justice system. It's incumbent on a prosecutor to be able to break down those barriers of distrust. When people lose a loved one, they really need to be guided through the process. In court, they have to relive it. I know that from experience. Before I took office, my homicide prosecutors weren't reaching out to the family until we had a person of interest. Now they are required to sit down with the families, victims, and witnesses and say, "This is the process. I'm going to keep you posted, and if you ever have any questions or concerns, feel free to call us."

"PEOPLE TOLD ME I WAS TOO YOUNG, I WAS TOO INEXPERIENCED, I COULDN'T RAISE ENOUGH MONEY, I COULD POTENTIALLY DESTROY MY CAREER. YOU CAN'T LET NAYSAYERS DEFINE YOUR PURPOSE BECAUSE OTHERWISE YOU'LL BE NOWHERE IN LIFE."

raise enough money, I could potentially destroy my career. You can't let naysayers define your purpose because otherwise you'll be nowhere in life. I've never had much patience for those kinds of people, even the ones who are coming out of the woodwork now.

WORK AND LIFE

I have two girls, 4 and 6 years old. I met my husband [Baltimore City Councilman Nick Mosby] at Tuskegee. It wasn't just a physical attraction—there was substance to him. He wanted to be a public servant. He wanted to come back to Baltimore and change his community, and that drew me to him. We sat down the first time and talked for hours, and when I walked away, I said, "He's going to be my husband." And I got him! He's my strongest advocate. My job is easy because it's what I'm passionate about—the hard job is when I go home at night and I've got a 4-year-old who's tapping her wrist, like,

INTERNET TROLLS

They've been real racist and nasty. I had somebody say that I deserve to have my throat cut...or something to that effect. I don't pay any attention to it. Especially in this position, you can't be guided by emotion. You can't be guided by public perception. You have to be guided by what is right. You have to be guided by the law.

JUST DO IT

As young people, we need to utilize this moment and make it into a movement, to address some of the structural, socio-economic, and systemic issues that plague our communities all across the country, not just in Baltimore. We have got to understand the importance of civic engagement. My election is a testament to how important it is to vote.



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OPTIONS?
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AND PREMARITAL
SEX. AND
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STITCHED ARTWORKS BY MARGARET CUSACK
PHOTOGRAPHED BY BEN GOLDSTEIN



ARKANSAS
PREGNANCY
RESOURCE
CENTER SITS ON A
CUL-DE-SAC WITH
THE STATE'S SOLE
SURGICAL ABORTION
PROVIDER.

"WE INFORM. YOU DECIDE."

Three hundred fifty miles of cattle pasture and cornfields and single-streetlight towns separate Rapid City, near the western edge of **SOUTH DAKOTA**, from Sioux Falls, near its eastern border. That distance takes on new significance when a woman living in Rapid City needs an abortion.

The state's only abortion clinic is in Sioux Falls. In 2011, state lawmakers began requiring women to wait 72 hours between pre-abortion counseling and procedures. That means women who live in the state's western reaches must make four drives, totaling 24 hours, or be away from home for at least three days—weekends and holidays don't count toward the waiting period. Women pay for a hotel, miss school or work, find child care or bring kids. South Dakota doesn't have any doctors who do abortions; physicians fly in from surrounding states. With limited scheduling, the Sioux Falls Planned Parenthood is often booked weeks in advance.

In Rapid City one Thursday last summer, a 26-year-old bartender and student I'll call Nicole—her middle name—had a positive pregnancy test. Usually even-keeled, almost unflappable, Nicole says that afternoon, "I was just bawling." But as soon as she "got over the initial shock," she knew she wanted an abortion. She was committed to finishing school, and her boyfriend had recently moved to another state.

Nicole drove to a childhood friend's apartment, where they began making phone calls. She knew her best option was the Sioux Falls clinic—the next-closest option was 400 miles away, in Colorado. It didn't have an appointment for three weeks. Nicole wasn't sure she could wait that long; she wanted to use the abortion pill, which can't be taken after nine weeks of pregnancy. She knew an ultrasound would reveal exactly how far along she was, but she got conflicting information on whether her insurance would cover it. Later that night, her friend sent her an instant message with a link to the website for a nearby Care Net center that advertised free ultrasounds alongside information on "emergency contraception" and "abortion education."

"Just to let you know, they're probably going to be pro-life," her friend typed.

The next morning, Nicole called Care Net. "I didn't have anywhere else to go," she explains. On Tuesday, Nicole drove alone down Main Street, to a one-story office in a shopping center with a credit union and a KFC.

Inside, a receptionist behind a counter instructed Nicole to provide a urine sample in the bathroom. Then a nurse and a younger woman,

about Nicole's age, brought her to a small room with a couch. For 45 minutes, they showed her Bible verses and pamphlets on adoption and an embryo's development. Nicole says, "The nurse really, really slowed down during the fetal pain part. She said, 'Here are the fingertips. The baby feels everything you're feeling.'" They told Nicole having an abortion might complicate future pregnancies and cause suicidal thoughts—both common myths. *This is BS*, Nicole kept thinking, *but you're trying to make me think it's true*.

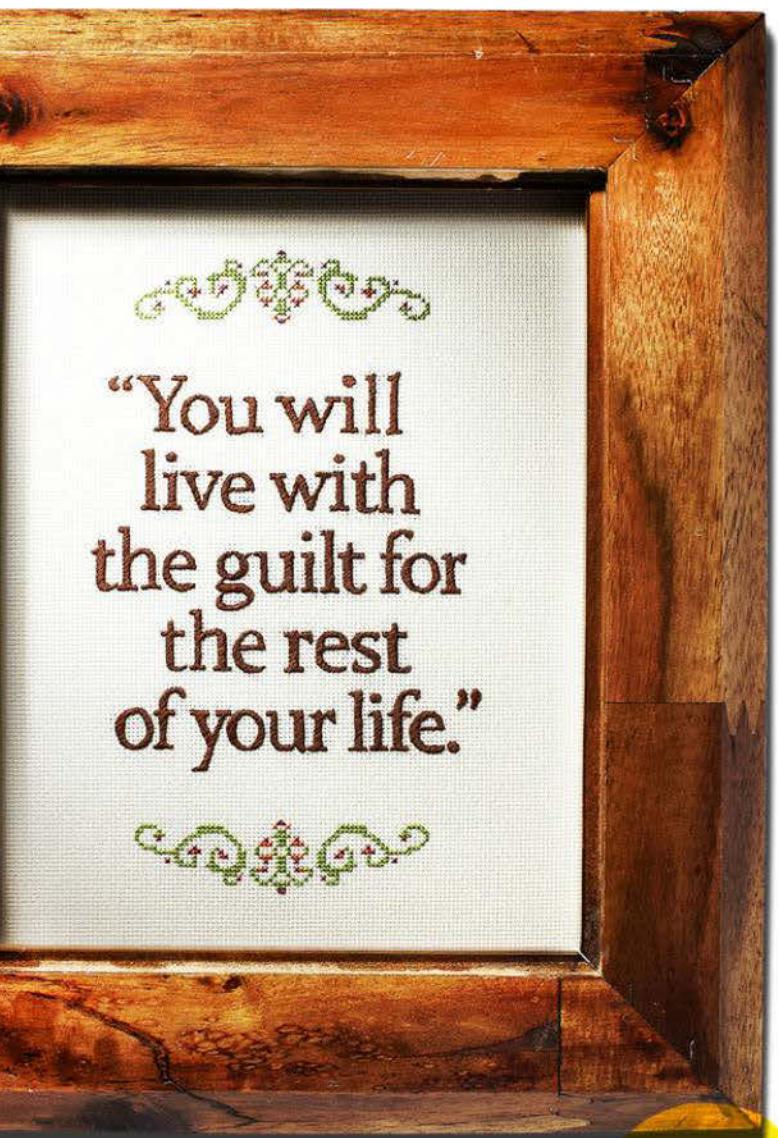
During the ultrasound, the nurse said the images weren't clear and she needed to do a transvaginal scan. "She didn't explain anything or say, 'We're going to stick this cone inside you,'" Nicole says, agitated. The nurse displayed the embryo on a screen, pointed to its features, and printed the images. The younger women prayed over Nicole and asked to be invited to her baby shower. The next week, ultrasound results in hand, Nicole drove more than six hours, following a two-lane highway across Wyoming and staying overnight in a hotel, to reach an abortion provider in Denver.

Stacey Wollman, CEO of the Care Net center in Rapid City, says that all clients are informed that the center is a faith-based Christian ministry and can opt out of discussing faith, being prayed over, or receiving follow-up calls. She disputes that the staff would ever point out fingertips while explaining fetal development, discuss a baby feeling the sensations the mom feels, or ask to be invited to a shower.

Nicole says the nurse from Care Net called her every day for two weeks. Then once a month, she called from a restricted number and left messages saying, "I just want to chitchat." Annoyed, Nicole never answered or complained. The calls kept coming all the way until February—around when she would have delivered.

Every year, thousands of women like Nicole seek help at what appear to be secular medical clinics but are actually Christian anti-abortion centers. Throughout the United States, there are at least 3,000 crisis pregnancy centers, many of which belong to two religious anti-abortion organizations—Care Net and Heartbeat International. Some women arrive at those centers in search of Christian counseling or free diapers, but the vast majority are looking for professional

**AS
MEDICAL
CLINICS
SHUTTER,
PREGNANCY
CENTERS
CAN BE
THE ONLY
PLACE TO
TURN.**



advice to help them navigate unplanned pregnancies.

Increasingly, pregnancy centers are what's available. Around the country, access to abortion has eroded dramatically. As abortion regulations shutter medical clinics offering the full range of options, a woman facing an unplanned pregnancy finds herself in a very different landscape, one in which a pregnancy center is her most visible, most affordable—and sometimes the only—place to turn.

This isn't happening only in red states. Nation-wide, anti-abortion centers now outnumber abortion clinics 3 to 1. They're in all kinds of towns, from Beverly Hills, California, to Shreveport, Louisiana. You've seen their ads on highway billboards and online: "Pregnant? Scared? We offer confidential counseling." Search Google Maps for *abortion help* in almost any town and you'll find local centers with pro-choice-seeming names and websites that say, "Need someone to talk to about your options? Contact us" or "We inform. You decide."

A SAMPLER AT THE CABOT, ARKANSAS, CENTER WARNS OF GUILT IF YOU "KILL [A] PRECIOUS LIFE."

Centers increasingly look just like doctor's offices with ultrasound rooms and staff in scrubs. Yet they do not provide or refer for contraception or abortion. Many pregnancy-center counselors, even those who provide medical information, are not licensed. And even some workers who are licensed, such as nurses and ultrasound technicians, repeat myths about abortion and contraception. Last year, I attended Heartbeat International's annual conference, where nurses told me that birth control "introduces too many chemicals into your body" and that women "never recover" emotionally from abortion.

The anti-abortion movement regularly presents pregnancy centers as a scattering of kindly women working with shoestring budgets. In the press or on websites, center directors use language about being small, humble grassroots organizations, without explaining national affiliations. Pro-life strategy documents reveal how, historically, the pregnancy-center movement "purposely remained underground, avoiding the limelight and the controversy of the pro-life political activism."

Many pregnancy centers are, in fact, run by religious women who want to help. But they also are an arm of a sophisticated political movement. A yearlong investigation of crisis pregnancy centers—including dozens of interviews with center staff and volunteers, anti-abortion and reproductive-rights advocates, lobbyists, elected officials, and women who have visited centers across the country—reveals that behind the scenes, an orchestrated network of donors, lawyers, lobbyists, and state representatives supports the individual centers. The national organizations Care Net and Heartbeat International train thousands of center staff to attract and dissuade "abortion-minded women." Online for Life, a deep-pocketed tech nonprofit funded by Texas billionaire Farris Wilks, helps pregnancy centers market themselves to "abortion-determined women" searching online for abortion-related terms, according to an *Inside Philanthropy* report.

At the Heartbeat conference, pregnancy-center staff referred to centers as "ministries" and discussed their underlying goal—shepherding spiritually "broken" women toward Christ. The majority of pregnancy-center staff I've met are Evangelical Christians who say they're dedicated to helping women escape a cycle of premarital sex and spiritual pain. Yet at the conference, Heartbeat speakers coached center staff to scrub their websites of Christian references. Speakers also recommended pregnancy-center staff to discourage women and girls from not only abortion but also contraception by emphasizing disproven "negative consequences" and encouraging "sexual integrity," meaning sex

only within heterosexual marriage.

All of this is supported by tens of millions of federal and state dollars. At least 11 states now directly fund pregnancy centers, according to state contracts and contractor websites. Many states refer low-income pregnant women to anti-abortion centers on health department websites, as well as in "informed consent" materials that abortion providers distribute to patients.

Few states, however, have any laws regulating how pregnancy centers interact with women. Unlike other mental-health providers, center counselors are generally not bound by professional standards or malpractice laws. In many cases, the anti-abortion organizations that run the centers—not state employees—monitor their own work.

South Dakota has gone the farthest. As part of its 2011 legislation, the state required all women seeking an abortion to first visit one of two state-approved anti-abortion centers. One is the Care Net in Rapid City—the center that Nicole visited. The other is the Alpha Center in Sioux Falls, run by a longtime anti-contraception and anti-abortion activist. A district court has put the law on hold and is deciding whether the state has the right to force women to visit anti-abortion centers. As the judge evaluates the arguments, women across the state—and country—walk into pregnancy centers in search of free medical services. Some, like Nicole, are savvy about the centers' true goals. They also know they have no better option.

"EMPOWERING WOMEN FOR LIFE"

In Philadelphia, Cathedral Basilica of Saints Peter and Paul, a huge pillared brownstone with a green copper dome, was built without first-floor windows—its 19th-century architects feared Protestant passersby would break the glass. As the decades passed and Catholic immigrants flocked to PENNSYLVANIA, however, the Church would grow to wield significant political power in the state.

Much of the public debate about abortion as we now recognize it began in Pennsylvania in the 1960s, when the Catholic Church lobbied hard to



malign contraception and abortion. In her book *Before Roe*, political historian Rosemary Nossiff describes how a lawyer for the Pennsylvania Catholic Conference, William Ball, pushed against the state's plan to counsel

low-income couples on contraception by running full-page ads in 50 newspapers and testifying before legislators. On Sundays, priests sermonized against politicians who veered from the Church's positions. Former Representative Stephen Freind told me that Pennsylvania legislators and Church lawyers worked side by side to draft the nation's strictest abortion laws, with hopes of overturning *Roe v. Wade*.

In 1989, Planned Parenthood sued the state—represented by its governor, Bob Casey, a pro-life Democrat—arguing its restrictions violated women's constitutional right to abortion. It's well-known that the anti-abortion movement won its power when *Planned Parenthood v. Casey* reached the Supreme Court three years later. The court said states could write abortion laws as long as the restrictions don't put an "undue burden" on a woman seeking an abortion—a decision that opened the gates for laws now sweeping the country. Fewer people know that the same anti-abortion campaigners behind *Casey* also lobbied for tax dollars for crisis pregnancy centers, paving the way for their current spread.

In the early 1990s, Pennsylvania set aside \$1 million for privately run anti-abortion centers. The state eventually tapped a nonprofit, Real Alternatives, and a lawyer, Kevin Bagatta, to run it. Before becoming president and CEO of Real Alternatives, Bagatta clerked for William Ball—the lawyer who in 1965 led the charge against the state's plan to counsel poor women on contraception—at Ball, Skelly, Murren, and Connell. That's the same firm that represented the Pennsylvania Catholic Conference and sent lawyers to help legislators write abortion restrictions. Pennsylvania now pays Bagatta \$223,075 per year.

Real Alternatives' slogan is Empowering women for life. The organization holds itself out as a safety net for women so that they don't "choose abortion out of a sense of helplessness, hopelessness, or of being completely alone."

Between 2012 and 2017, Pennsylvania will give Real Alternatives more than \$30 million in state and federal funding to support 98 sites, including

pregnancy centers, social service agencies, maternity residences, and three adoption agencies. Real Alternatives reimburses centers for services they provide women (similar to how insurance companies reimburse doctors). Real Alternatives says its sites give pregnant women comprehensive support if they want to parent. And I spoke with women who arrived at centers happily pregnant and appreciated staff's parenting advice and gifts.

But a close look at Pennsylvania's pregnancy-center program shows that the government money is not going toward the things expectant women need: accurate health information, medical care, and long-term support in raising children. According to Real Alternatives' contract with the state, it reimburses a center just \$2 each time a woman receives food, clothing, or furniture—a maximum of four times. That's a \$24 cap for an individual pregnant woman's material needs. Centers may dispense more through donations. Still, the government program gives them the incentive to spend more time providing ideologically driven counseling—which is reimbursed at more than \$1 per minute—than they spend providing direct services.

In order for a woman to receive any material support, the program requires that she receive at least 20 minutes of counseling from staff, usually after taking a pregnancy test. Real Alternatives' contract with the state relies on debunked studies that imply abortion leads to breast cancer and clinical depression. Centers are not allowed to advocate for birth control, much less dispense it. The contract's directives advise pregnancy-center staff to make an "assessment of the client's spiritual needs" by asking questions like "How does your faith impact the choices you make?" (One quarterly report from a center to Real Alternatives refers to clients with the aliases "Mary" and "Joseph.")

Some Real Alternatives centers market themselves as secular medical clinics, following the strategies Care Net and Heartbeat outline in their training. On its website, Morning Star Pregnancy Services, for example, offers "ultrasound before abortion" at its three locations in the Harrisburg area. Morning Star and some two dozen other Real Alternatives centers turned down my requests to visit. Kevin Bagatta and his staff declined multiple calls over several months.

Real Alternatives is helping spread tax-funded anti-abortion centers throughout the country. The organization advised Florida, Minnesota, Nebraska, and North Dakota in establishing state-

financed anti-abortion centers, and it helped establish Texas' multi-million-dollar program, which runs on the same model. In 2014, Real Alternatives won a no-bid contract to operate Michigan's burgeoning program.

"THEY KNOW IT'S A BABY"

Last spring, I drove across **ARKANSAS** and saw ads promising free pregnancy tests in empty downtowns and busy strip malls. Roadside crosses marked the miles, and I visited one center near a cluster of wooden shanties. Arkansas and Mississippi, two of the country's poorest states, each have more than 40 pregnancy centers and only one surgical abortion provider. Walmart's cheapest pregnancy test costs about \$9—the same amount as its cashiers' hourly wage—so it's not hard to imagine why a working woman might pull over for a free test.

In a corporate park in Little Rock, Arkansas Pregnancy Resource Center shares a secluded cul-de-sac with the state's only surgical abortion provider. A few years ago, when a doctor who performs abortions moved across town to join the clinic's staff, the anti-abortion center followed. One Saturday, I watched about 30 protestors—mostly white men in T-shirts and shorts—stand on the lawn of the crisis pregnancy center screaming, "You're killing your baby!"

Every weekend protestors block the clinic's driveway, and on some weekends the police are called, clinic workers and escorts told me. The pregnancy center allows the protestors to stay, and protestors sometimes redirect women into the center. A physician at the clinic told me that patients periodically arrive for their abortion appointments late, after mistakenly first going to the pregnancy center across the cul-de-sac. That Saturday, women entering the clinic looked over their shoulders, then at the ground, some with tears in their eyes.

About 30 miles north of Little Rock, a billboard displayed between exits ("Pregnant? Need options?") advertised A Woman's Place, a pregnancy center in the small town of Cabot

that has since been renamed Options Pregnancy Center. Cabot feels neither down-and-out nor especially fancy: Tidy homes and churches fade into a strip of chain stores like Kmart and Popeyes. Down the road, Options Pregnancy Center occupies a brick building beside a salon. Its website and ad in the high school paper offer "options counseling." It has an ultrasound machine. The needlepoint sampler in its bathroom says, "You will live with the guilt for the rest of your life knowing you

CENTERS ARE NOT ALLOWED TO ADVOCATE FOR BIRTH CONTROL, MUCH LESS DISPENSE IT.



"I FELT LIKE LESS OF A WOMAN. MAYBE I WAS SELFISH, A BAD PERSON."

made the choice to kill the precious life God placed in your womb for you to love."

I first met Options Pregnancy Center's director, Vikki Parker, at the 2014 Heartbeat conference. In Cabot, Parker and I sit in a meeting room in the center, describing how she started it after her daughter became pregnant at 15. "I did my very best as a Christian mom, trying to raise her right, but [unplanned pregnancy] came knocking at my door. When it did, I was devastated," she tells me. When her grandson was 8 months old, she went to her pastor and said she'd heard about crisis pregnancy centers and wanted to start one. "I didn't know she was sexually active....I was thinking these kids have got to have a safe haven where they're not going to be judged."

I see why a girl who's afraid to talk to her mother about sex might confide in Parker, who exudes warmth and concern. Parker says she doesn't have to talk girls into continuing their pregnancy, explaining: "They know it's a baby. They know the part they played in it when they had sex." Options Pregnancy Center doesn't provide or refer for contraception because Parker believes the Bible forbids premarital sex and she doesn't think condoms are effective. She says she does not believe public schools should teach students how to access birth control. (Still, when I ask her whether the young women who arrive at the center generally use contraception, she tells me: "Honestly, I don't know why they don't. I mean, it's so readily available. It's not like they can't get it.")

In 2013, the U.S. Department of Health and Human Services awarded the center a federal grant of \$352,125 to teach abstinence education in public schools. Over the years, government funding for abstinence programs has aided the mushrooming of pregnancy centers. Despite proposals by the Obama administration to reduce funding, Congress has continued and even increased it in recent years, explains Monica Rodriguez, president of the nonprofit Sexuality Information Education in the United States. This spring, Congress has already set aside \$75 million for the largest abstinence-only-until-marriage program—an increase of 50 percent. The House budget proposed in June would double the program that funds Options Pregnancy Center, while eliminating all funding for health centers that provide birth control.

Options Pregnancy Center hired pastors to lead its public school lessons. I spoke with two of those pastors and read their curriculum, which only discusses contraceptives in terms of failure rates and emphasizes the "negative emotional consequences" of premarital sex. One of the pastors, Daniel Tyler, told me he teaches the idea that "if you start having sex, you can't grow emotionally." He adds, "The stuff we're saying is stereotypical, like guys thinking about sex all the time....We teach that even the

way a girl dresses can draw a guy to think about [sex]. There's a whole chapter on that."

The year Options Pregnancy Center won its federal grant, Arkansas had one of the nation's highest teen birth rates. And those pregnancies "disproportionately impact teen girls" because they "end up doing an overwhelming majority of the child rearing," according to a 2014 report by Kristen Jozkowski, PhD, assistant professor of community health at the University of Arkansas. Less than 2 percent of teen mothers will graduate college by the age of 30. Yet the federal government invests in programs that specifically forbid teaching teens how to use protection and contraception in the very communities with the highest rates of STIs and pregnancy.

"DON'T YOU LOVE YOUR DAUGHTER?"

It was just before Christmas in 2009 when Arcadia Smith found herself at a Heartbeat and Care Net affiliate near her home in **MISSISSIPPI**. Smith was about a month pregnant. After years of struggling as a single parent, she had finally landed a managerial job at doctor's office. She didn't want to end up homeless again or become too busy to help her 7-year-old daughter with homework.

Smith is not against all abortions but didn't want one for herself. She decided to place her baby for adoption, she says, to "give the baby to someone who wanted to cherish every moment—the first crawl, the first words."

At the center, Smith and her boyfriend met with a counselor from a third-party adoption agency that works with pregnancy centers. In the small house, Smith could hear other couples' conversations through the walls. "I poured my heart out," she says.

She remembers the counselor asking, "Don't you love your daughter? Don't you want to do for this one what you do for your first?"

"It's not that I don't like this baby—I'm just afraid for the baby," Smith recalls saying.

Smith says the counselor asked her boyfriend if he was willing to parent. When he said he was, the counselor insisted they had no reason to consider adoption. "It shocked me," Smith says. "I was thinking, But adoption is what you do."

Smith questioned her boyfriend, saying he might not stick around, regardless of whether they shared a child. But the counselor insisted. "It seems like he wants to be there," she said, and Smith could always raise the child without him. "I'm a single mother myself. I know how it is," Smith remembers the counselor saying.

At the Heartbeat conference I attended, a

THE RED PIN
MARKS THE
STATE'S SOLE
ABORTION CLINIC.
THE OTHERS
MARK PREGNANCY
CENTERS.

MISSISSIPPI

31
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THE RATIO NATIONWIDE
BETWEEN ANTI-ABORTION
CENTERS AND LEGIT CLINICS.
IN SOME STATES, IT'S 40 TO 1.

workshop leader instructed pregnancy-center staff to offer their personal stories of hardship to encourage clients to follow their advice. Many pregnancy-center workers have told me their goal is for every woman to mother.

"I don't know what 'single mother' means to her," Smith told me later. "Maybe to her it means divorced with alimony, with grandparents around, but to me, being a single parent means doing everything. My mother passed away when I was 8. I don't have a safety net. People don't understand that to really invest in a child and be there to provide stability, I have to sacrifice every single thing."

With the adoption counselor and her boyfriend in agreement, Smith was outnumbered. "The counselor looked at me like there was something wrong with me. I was already putting the blame on myself for getting pregnant. There's so much emphasis on being a good mom. I felt like less of a woman. Maybe I was selfish, a bad person who should be ashamed of myself."

When I called representatives for both the pregnancy center and the adoption agency to discuss Smith's story, they each said their organization is a strong advocate for adoption and would never discourage a couple from making that choice.

Smith never made adoption plans. And she didn't tell anyone else about her ambivalence toward her pregnancy. "I thought, If that's how an adoption counselor reacted, imagine what someone else would say about me not wanting a baby."

She gave birth to a girl in the spring of 2010. Six months later, she and her boyfriend broke up. She "became numb" and "overwhelmed" with postpartum depression. After missing work, she lost her job. "Everything snowballed," she says. She sometimes looked at her baby daughter and thought, *It would be easier if she weren't here*.

"It wasn't that I didn't love my baby," she says. "I just hated the situation."

Months later, she called the center. "Look, where are you when I don't have a job, I don't have a car?" she recalls asking. The woman who answered the phone was apologetic. She gave her the number for a counselor at a church who helped her access other services.

Smith is now a single parent of two. "People judge single mothers every step of the way," she says. "But how would they judge me if I exercised my other options, my rights? I could've had an abortion, given my daughter up for adoption, left her at a hospital." Whatever decision she made, Smith figures, the reaction would be the same. "I'd wear a label for the rest of my life." ■

Reporting for this story was aided by a grant from the Investigative Fund of the Nation Institute, a nonprofit journalism center supported by the Ford Foundation and MacArthur Foundation, among others.

8:07 PM

The table cloth trick didn't work but it was still a huge hit.

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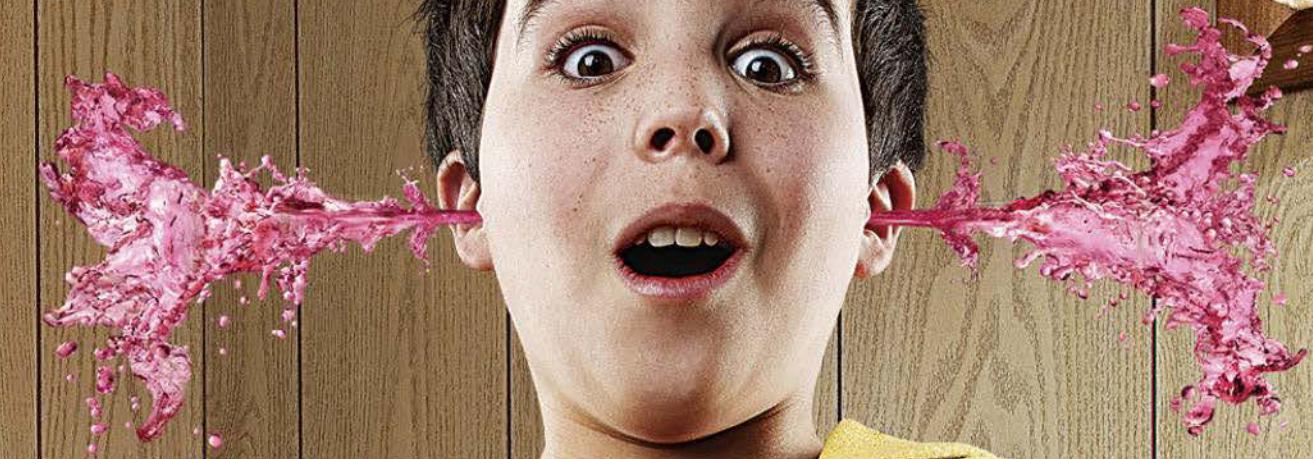


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LIVE IT UP!



PINK LADIES

Sip Wölffer's Dry Rosé Cider (\$16, wolffer.com).

LOUNGE AROUND

Patterned towels sub for rugs (\$80, johnroshaw.com).

FLIRTY FIZZ

Sparkly pinot is a thing. Try it (\$14, charlessmithwines.com).

GET LIT

Instant festiveness (\$79, onekingslane.com).

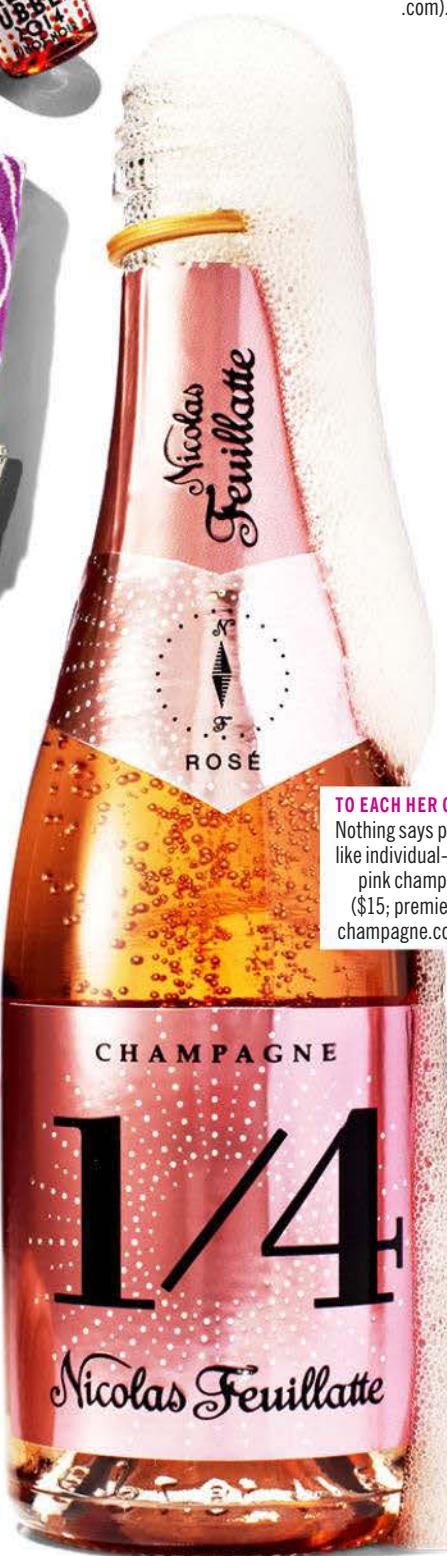
Set the Mood

You don't need fancy outdoor furniture to make this fete fabulous. A string of lights, lush towels to warm up the ground, a few glammy-looking throw pillows, and some surprising fizzy drinks (pink cider! bubbly pinot! onesies!) will set the nighttime mood.



BLING IT

Flop atop sequin pillows (\$49 for pillow sham, westelm.com).



TO EACH HER OWN

Nothing says party like individual-size pink champs (\$15; premierechampagne.com).

BUILD A FIRE WITH FRIENDS

Beach bonfires are dreamy, but before you flame on: 1. Make sure it's legal. 2. Have at least one person stay a little sober. 3. Don't go crazy with the size. 4. Have water on-hand to put it out. 5. Check that the ash is completely cool before you leave.





THAT JUST BRUSHED CLEAN FEELING

after an innocent
“let’s grab coffee”
got you more
than just coffee.



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LIVE IT UP!

SPICY PULLED PORK

It's a taste bonanza and a bargain! The pork takes forever to cook but doesn't need watching, so pop it in before bed or work.

SERVES 10

- Mix together $\frac{1}{3}$ c. **BROWN SUGAR**, 2 T **GROUND COFFEE**, 2 T **KOSHER SALT**, 4 t. **SMOKED PAPRIKA**, 3 t. **SWEET PAPRIKA**, 2 t. ground **CUMIN**, 1 t. ground **CORIANDER**, 1 t. ground **CLOVES**, 1 t. **GARLIC POWDER**, and 1 t. **BLACK PEPPER** in a bowl.
- Pat the rub all over a 5-lb. **PORK SHOULDER**. Coat it well! Save excess rub.
- Put the pork shoulder in a pot with a lid, and leave it in the fridge for two to eight hours to spice up.
- Remove and add enough water to cover the pot's bottom. Cover with lid, and put in the oven at 200 degrees for 10 to 12 hours, until its internal temperature is 200 degrees.

No thermometer? Poke the meat with a finger: If it's soft enough to fall apart, it's done.

- Remove from the pot, and tear meat apart with two forks or your hands.
- Next, if you have time, bake it for an hour or two. Either way, when done, mix in the excess rub.

- Serve on a platter with buns and toppings like tomatoes or chopped onions, or stash in the fridge for up to three or four days.



CHARRED SUMMER SALAD

A salad with kick is the perfect partner for this sandwich's rich deliciousness. Crunch courtesy of popcorn!

SERVES 10 TO 12

- Turn your oven's broiler to high.
- Chop ends off 6 **ZUCCHINI**, then slice each into four long sticks. Lay the zucchini and 6 **SHUCKED EARS OF CORN** on a baking sheet, then coat everything with **OLIVE OIL**. Sprinkle with salt and pepper.
- Broil the veggies until the zucchini starts to blacken, turning the corn a couple of times so it cooks evenly. When everything is lightly charred, remove.
- Mix the juice of 3 **LIMES**, 3 T **OLIVE OIL**, 1½ t. **CHILI POWDER**, and salt and pepper to taste in a bowl.
- Cut the zucchini into long strips, and slice the corn kernels from the cobs.
- Transfer the vegetables into the bowl with the dressing. Add 6 oz. **CRUMBED FETA** and mix. Sprinkle 3 c. **POPPED POPCORN** over the top, then dust with a little extra chili powder, salt, and pepper to taste.

Party Food on the Cheap

Squad goals: Have everyone over for dinner and enjoy an insanely impressive meal together without spending a lot of time or money. We hit up Leanne Brown's *Good and Cheap: Eat Well on \$4 a Day* for a make-ahead, fun party feast that will blow them—but not your budget—away.

BY LAURA BROUNSTEIN



Adapted from *Good and Cheap*, by Leanne Brown, from Workman. Bonus: Buy a book, and they'll donate another to someone in need!



MADE WITH

6.5%	Madagascar rain water
4%	Hand-blown glass
89.5%	Tastes the same as tap water



MADE WITH

100%	Turkey Breast
------	---------------



Sometimes life can get complicated.
Your sandwich doesn't have to be.
#sanewich

It's Deli Quality Every Time. It's **Oscar Mayer**.

HOROSC



BY AURORA TOWER
@AURORAASTRO

Loving Venus is retrograde all month, promoting reflection over action. Stop sighing over rearview romances; redirect your energy! Jupiter leads the way by moving into meticulous Virgo on the 11th, inspiring you to step up at work and impress the VIPs.



08.23—09.22

Keep hustling! Jupiter's arrival in your sign on the 11th—one of your best days of the year—will bring in a wave of opportunities through next summer. Save time for love when the Full Moon enters your zone of relationships on the 29th.

YOU NEED: To clearly articulate your needs.

THE VIRGO GUY: New confidence has upped his swagger. Cue Beyoncé and show him how much you love his big...dreams.



09.23—10.22

Friendships might feel like an awful game of Clue (who stabbed you in the back at the beach house with a mean tweet?), but after Venus and Jupiter unite on the 4th, you'll know who's on your team. Break from any haters around the 8th.

YOU NEED: A luxe spa day to totally unwind.

THE LIBRA GUY: The guy is going in circles over a major decision. Talk it through, then you gotta get him out of his head and in your bed.



10.23—11.21

If you're angling for a raise or promotion, stay alert for signs about when to make your move. Answers will start coming in on the 15th when the Sun unites with Venus in your zone of fame and success. Your love life will heat up around the same time.

YOU NEED: To be flexible at work even when others are being erratic.

THE SCORPIO GUY: He's in the hot seat at work. School him in the art of diplomacy with a lesson in giving and taking.



11.22—12.21

Not so fast, Sag—you may need to put your innate wanderlust on hold for a minute. The 3rd is a good day for intuition, so follow your gut. The 7th—a super-lucky day—could bring positive attention from the big bosses at work.

YOU NEED: To balance your enthusiasm with practicality in order to shine.

THE SAGITTARIUS GUY: Your boy is easily sidetracked these days. Grab his attention with a private bikini show.



12.22—01.19

Keep analyzing your relationships and personal aspirations. When practical Saturn goes direct on the 2nd, you'll know what's right. Take a break from the soul-searching with a spontaneous trip around the 26th.

YOU NEED: A little spice in the bedroom. Don't be shy—go for it!

THE CAPRICORN GUY: He has great ideas but can be insecure. Show how much you value his enthusiasm by getting on board his surfboard!



01.20—02.18

You may find yourself considering some fun with a former fling or something deeper with an old love. Either way, sparks will fly when Venus makes a trine with your ruler, revolutionary Uranus, on the 19th.

YOU NEED: To keep an open mind when it comes to love and romance.

THE AQUARIUS GUY: He's your North Star. Relish the attention by lying back and directing him southward....



02.19—03.20

You'll get a boost from ratcheting up your fitness routine. When the Sun moves into your house of relationships on the 23rd (kicking your love life into high gear), you'll feel extra-confident in your skin. Circle the 29th; it's going to be a sizzler.

YOU NEED: A workout buddy to keep your motivation high.

THE PISCES GUY: He's reorganizing his schedule and priorities. Being flexible in more ways than one will remind him where you fit in.

VIRGO

LIBRA

SCORPIO

SAGITTARIUS

CAPRICORN

AQUARIUS

PISCES

OP



03.21–04.20

August is about transformation. Channel your inner fire goddess to secure a win you've been working toward, but don't forget the crew who helped get you there. The New Moon in Leo on the 14th might unveil a new romance or cast a platonic friend in a different light.

YOU NEED: A fresh approach to a recurring problem.

THE ARIES GUY: His inner class clown is vying for attention. Spring for a toy that you can both enjoy.



04.21–05.21

A slew of planets will be in your zone of home and family, making now an ideal time to spend QT with your family. Do it during the first part of the month, because after the 23rd, your focus will shift to more intimate matters of the heart.

YOU NEED: To breathe when family feuding hits a nerve.

THE TAURUS GUY: If he's feeling less than a hundred percent, show him you're not just a warm body but also a trustworthy listener.



05.22–06.20

If miscommunication threatens to derail your hard work, stay calm. You'll be rewarded with two golden days on the 6th and the 12th. Wind down Olivia Pope-style on the 26th with a glass of your favorite red wine.

YOU NEED: To develop a new professional skill that will take you to the next level.

THE GEMINI GUY: Take a weekend break with limited cell reception for a reminder about the joys of taking things extra slow.

Taylor Schilling, a quintessential Leo, is attention-grabbing onscreen and off. July 27, 1984



06.21–07.22

Your finances are looking fab! Instead of making it rain in celebration, focus on investing in your future. Make like a butterfly after the 15th by being more social than usual.

YOU NEED: Less stuff! Take inventory, and ditch what you don't need.

THE CANCER GUY: A long summer of fun has left him cash-strapped. Remind him that the best things in life are free with a decadent indoor picnic for two.

ARIES

TAURUS

GEMINI

CANCER



LEO

07.23–08.22

stellar gifts: Your sparkle and zest for life light up any room you walk into.

blind spots: Your dramatic style and confident manner can sometimes intimidate others.

fashion faves: More is more! You love to shine and accessorize with shades of gold.

indulgence: A dressy dinner party where you get to play the hostess with the mostest.

seduction style: Every bit the lioness, your mate never doubts who is queen of his jungle with your thoughtful and elaborate surprises and playful flirting.

your month: With Venus still in retrograde in your sign, you'll continue to reassess your romantic goals and priorities. You may feel inspired to act when take-charge Mars moves into your sign on the 8th, but don't jump the gun! Now is the time to watch and wait, no matter how much you want to bust a bold move. Financial gains you'll make after bountiful Jupiter moves into your house of income on the 11th will be reassuring. Treat yo'self to something nice.

your year: Your relationships with old friends and new connections have huge potential to thrive this year. Embracing team spirit and sharing the spotlight with others will remind people why they want to be in your corner. Just believe in what you're doing and forge ahead. You'll have time to celebrate all your wins in a festive way (maybe with mistletoe?) in December.

you need: To jot down all your genius ideas and insights.

BEST MATCHES

Sagittarius: You're a secure, mutually supportive duo with a sunny outlook. Together, you'll lead a life full of adventure.

Aquarius: The unique twists and turns of his mind push all the right buttons. You bring out the noblest of each other's ambitions.



bitch it out!

CRAZY
SITUATION
WORKING YOUR
LAST NERVE?
VENT HERE!



CLAWS ARE OUT

"Please, lady, cut your nails! This is the last thing I want to see before grocery shopping."

—CARLY S., 22



BEYOND VANITY

"A prom queen license plate? Really? Someone is trying a little too hard to relive her glory days."

—ELLIE C., 22



DROP TROU

"I think I finally—and unfortunately—know the answer to the question: How low can you go?" —AMANDA P., 32



NO SHORTS, NO SERVICE

"This girl was half-naked at Chipotle! Can you not...?"

—DANI V., 20

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summertime

fun time



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COSMO QUIZ

SHOULD YOU LAY OFF THE I'M SORRY'S?

By Anna Breslaw

1 A coworker mentions you owe her for lunch last week. You:

- a.** Ask, annoyed, "What are you? A debt collector?"
- b.** Apologize once and offer to buy her lunch today.
- c.** Pay her back immediately and apologize repeatedly for weeks after.

2 How often do you reflexively say "sorry" when someone bumps into you on the street?

- a.** Never. It's not my fault!
- b.** Only when we were both walking and texting.
- c.** Almost every time. Ugh, so sorry.

3 Your roommate borrows your favorite skirt without asking. Next time you find it, it's stretched out. Your response:

- a.** Confront her ASAP... forgetting that she covered the whole cable bill this month.
- b.** Let it slide but feel justified by stealing a few bowls of her Cap'n Crunch.
- c.** Apologize profusely for the brand running so small.



4 Your boyfriend is supposed to come over and assemble an IKEA bookshelf for you, but he's MIA. You:

- a.** Send him a rage-filled e-mail. I mean, you're sleeping with the guy. The least he can do is help build a Flürm.
- b.** Say nothing...but make a mental note in your brain's Shitty Boyfriend ledger.
- c.** Leave him a voice mail: "Hey, wondering where you are! Sorry I'm being so demanding. I probably told you the wrong time—my bad. Love you, bye!"

5 You are working late and need to bail on drinks with a friend at the last minute. You text her:

- a.** "Hey! Can't make it tonight, just FYI. LYLAS!"
- b.** "Gotta flake on plans—lame work stuff, ugh. Sangria's on me next time."
- c.** "OMG, don't be mad, but my boss is expecting this huge project done at 9 a.m., and my coworker has to leave early to take her goldendoodle to therapy so I have to stay late, and I am *sooooooooo sorry*. Don't hate me forever!"

MOSTLY As: SORRY, NOT SORRY

From breaking your BFF's flatiron (it fell!) to kicking a guy at CrossFit (he was in the wrong spot!), you consider yourself too flawless to say "sorry." It's admirable that you rarely back down, but when it comes to "sorry," you gotta give a little to get a little.

MOSTLY Bs: JUST SORRY-ISH

Confrontation makes you squirm—rather than apologies from either side, you'd rather act like it didn't happen. There are benefits to being as neutral as Switzerland. Just watch yourself. It's a short distance between Chill Boulevard and Passive-Aggressive Avenue.

MOSTLY Cs: SICKENINGLY SORRY

Props for taking responsibility, but constantly prostrating yourself in agony can get annoying. Worse, people will treat you like a doormat. Instead of self-hating when something goes wrong, stand your ground. You can be polite without shouldering the blame.

AIR OPTIX® COLORS

contact lenses

MY NATURAL EYE COLOR
IS BEAUTIFUL BUT
ENHANCING IT
IS FUN

BEFORE

AFTER

BLENDS NATURALLY



STAYS COMFORTABLE^{1,2}

3-IN-1 COLOR TECHNOLOGY



Brightens

Transforms

Defines

EMMA ENHANCED HER EYE COLOR
WITH BLUE

VIRTUALLY TRY ON YOUR PERFECT COLOR
AT WWW.AIROPTIXCOLORS.COM. MAKE AN
APPOINTMENT WITH AN EYE DOCTOR TODAY.

Important information for AIR OPTIX® COLORS (lotrafilcon B) contact lenses: For daily wear only for near/far-sightedness. Contact lenses, even if worn for cosmetic reasons, are prescription medical devices that must only be worn under the prescription, direction, and supervision of an eye care professional. Serious eye health problems may occur as a result of sharing contact lenses. Although rare, serious eye problems can develop while wearing contact lenses. Side effects like discomfort, mild burning or stinging may occur. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor.



9 COLORS AVAILABLE
5 SUBTLE SHADES 4 VIBRANT HUES

PERFORMANCE DRIVEN BY SCIENCE™

References: 1. Alcon data on file, 2012. 2. Alcon data on file, 2014.

Ask your eye care professional for complete wear, care and safety information.



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PANTENE



2x
**STRONGER
HAIR***

Use Pantene Conditioner
for hair that's 2x stronger
than shampooing alone.



*strength against damage; Pantene shampoo + conditioner system
vs. the shampoo alone. ©2015 P&G